



NEWS COLUMN – Area Agency on Aging District 7, Inc.

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November is National Family Caregiver Month

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National Family Caregiver Month is celebrated each year in November and is a time to recognize and honor family caregivers across the country. It offers an opportunity to raise awareness of caregiving issues, educate communities, and increase support for caregivers.

The Area Agency on Aging District 7 (AAA7) provides help to caregivers through the Caregiver Support Program, which is designed to assist caregivers with finding answers about how their caregiving role impacts their life and where to find resources and services to decrease caregiver stress. Caregivers may be caring for an older adult, their adult child with a disability, or the caregiver may be a grandparent caring for their grandchildren or non-relative child. Services include assessments, training, information and assistance, supplemental services, respite, as well as counseling.

This year, our Agency began a partnership with Trualta, an online platform for family caregivers that provides education through a person’s computer or mobile device. Modules on the Trualta platform teach caregivers how to safely provide hands-on care, connect families with reliable support agencies, and offer information and video training from experienced professionals in a quick and easy format.

Some of the support featured on the Trualta platform covers topics such as personal care, safety and injury prevention, caring for a person with dementia, caregiver wellness, grandparents raising grandchildren, brain health, and music therapy. Lessons are available online through video, audio, printable pages, tip sheets, and interactive e-learning.

To sign-up for the free assistance, log on to aaa7.trulata.com or access the AAA7’s website at www.aaa7.org and click on the “Trualta” ad on the main page. For more information, contact the AAA7 Caregiver Support Program at 1-800-582-7277 or e-mail caregiver@aaa7.org.

The AAA7 would like to thank all family caregivers for the selfless acts you do each day. We encourage you to make caregiving for yourself a priority as a caregiver. If we can offer help and assistance for you or your loved one, please reach out to us.

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