



**NEWS RELEASE – Area Agency on Aging District 7, Inc.**

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## **November is National Family Caregiver Month**

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.

According to the US Bureau of Labor Statistics, approximately 37 million Americans provide unpaid care for an older adult. Families are the major provider of long-term care for their older loved ones. These unpaid caregivers represent the largest source of long-term services and supports in the nation.

Many older adults rely on family or friend caregivers for necessary support in order to remain in their home. The wide range of services provided by unpaid caregivers, including transportation, food preparation, housekeeping and personal care, enable older adults to live in their homes and communities with dignity and independence. Although most caregivers do not identify themselves as one as the care they provide is “what you do for someone you care about or love”, their care is invaluable in providing the support needed for the person they care for to age in place at home.

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.

The AAA7 also provides the services of 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 newly added are webinars and support

groups. 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](http://aaa7.trulata.com) or access the AAA7's website at [www.aaa7.org](http://www.aaa7.org) and click on the "Trualta" link on the main page. For more information and to learn more about the services and supports offered through the AAA7 Caregiver Support Program, contact the AAA7 at 1-800-582-7277 or e-mail [info@aaa7.org](mailto:info@aaa7.org).

Your local Area Agency on Aging District 7, Inc. provides services on a non-discriminatory basis in ten counties in Southern Ohio including Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto and Vinton. These services are available to help older adults and those with disabilities live safely and independently in their residence of choice through services paid for by Medicare, Medicaid, other federal and state resources, as well as private pay. The AAA7's Resource Center is also available to anyone in the community looking for information or assistance with long-term care options. Available Monday through Friday from 8:00 am until 4:30 pm, the Resource Center is a valuable contact for learning more about options and what programs and services are available for assistance.

Those interested in learning more can call toll-free at 1-800-582-7277 (TTY: 711). Here, individuals can speak directly with a specially-trained Agency staff member who will assist them with information surrounding the programs and services that are available to best serve their needs. The Agency also offers an assessment at no cost for those who are interested in learning more. Information is also available on [www.aaa7.org](http://www.aaa7.org), or the Agency can be contacted through e-mail at [info@aaa7.org](mailto:info@aaa7.org). The Agency also has a Facebook page located at [www.facebook.com/AreaAgencyOnAgingDistrict7](https://www.facebook.com/AreaAgencyOnAgingDistrict7).

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