FREE Online Courses for Family Caregivers in Partnership with DHS and GWAAR

*Trualta Partnership Helps Caregivers Learn New Skills to Support Themselves and Loved Ones*

MADISON, Wis., 2/4/2022 – The Wisconsin Department of Health Services (DHS) and the Greater Wisconsin Agency on Aging Resources (GWAAR) announced today the extension of their partnership with Trualta, a free online educational tool for family caregivers across the state. Trualta helps caregivers learn about health issues, care techniques, and managing care for loved ones during the flu season, the COVID-19 pandemic, and year-round.

Learning through Trualta can help individuals needing care live at home longer. Family caregivers can visit [WisconsinCaregiver.trualta.com](https://nam02.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwisconsincaregiver.trualta.com%2F&data=04%7C01%7CBryn.Ceman%40gwaar.org%7Cc99bde5eba974f40ecd308d9e59282aa%7C8e087664409d4c4ca6b47aa01020d6ea%7C0%7C0%7C637793239710335448%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=TPKxBP%2BkP%2FYYDyIJxojFgKtHeqIegxqrIjgebP74U88%3D&reserved=0) to register. The lessons and activities teach caregivers on topics ranging from how to safely provide hands-on care; how to connect families with reliable support agencies; offers information and video training from experienced professionals in a quick and easy format as well as how take care of yourself and your own emotions as a caregiver. For low-vision users or for individuals who prefer audio instructions, Trualta also offers a "read to me" function. Check out the different lessons available on Trualta here: [wisconsincaregiver.trualta.com/r/learninglist](https://nam02.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwisconsincaregiver.trualta.com%2Fr%2Flearninglist&data=04%7C01%7CBryn.Ceman%40gwaar.org%7C58611ca948a24e97717608d9e688d68a%7C8e087664409d4c4ca6b47aa01020d6ea%7C0%7C0%7C637794297696481775%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=zlpeZ3Cb6SKLQ2OHOnyxQeyu0T2gxpZ9%2FSwF8VFbTuI%3D&reserved=0). You can also see some tips on Communication with your loved one here: [wisconsincaregiver.trualta.com/r/communication](https://nam02.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwisconsincaregiver.trualta.com%2Fr%2Fcommunication&data=04%7C01%7CBryn.Ceman%40gwaar.org%7C58611ca948a24e97717608d9e688d68a%7C8e087664409d4c4ca6b47aa01020d6ea%7C0%7C0%7C637794297696481775%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=r354Tfvx7fAodtxPip5hkYXFLKbHZvH75emRJibGk0k%3D&reserved=0)

"Caregiving is 24-hours a day, seven days a week, so making time for in-person training and education can be difficult, even during normal times," said Bryn Ceman, Caregiver Support Specialist, Greater Wisconsin Agency on Aging Resources. "Our partnership with Trualta provides an alternative for education and training that people can access whenever it works for them."

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In Wisconsin, family caregiving is expanding rapidly. By 2040, the 65+ population will grow by 640,000 – an increase of 72% – according to The Governor's Task Force on Caregiving Report released in October of 2020. The tasks caregivers are expected to perform have become more medically complicated, making preparation and access to reliable training increasingly important.

"Our goal is to equip family caregivers earlier so that they are better prepared. Most people find themselves responsible for the care of another person with little warning. In the midst of a global pandemic, we realize that caregivers need easy access to innovative resources that complement the training, emotional support and respite services provided by Aging and Disability Resource Centers (ADRCs) and health care providers," said Lynn Gall, Family Caregiver Support Programs Manager, Wisconsin Department of Health Services.

Anyone caring for an older adult can benefit from Trualta's support. If a caregiver is seeking personal care training tips, education to prevent falls, or looking for caregiver wellness ideas, Trualta can help. Trualta offers connections to location programming and possible funding for those caregivers helping to care for someone with dementia. There is a growing list of topics Trualta can offer support for including someone navigating family dynamics after a new diagnosis, someone looking for information on financial & estate planning, someone needing ideas for caregiver wellness or how to balance working while being a caregiver.

To Register: Visit [WisconsinCaregiver.trualta.com](https://nam02.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwisconsincaregiver.trualta.com%2F&data=04%7C01%7CBryn.Ceman%40gwaar.org%7Cc99bde5eba974f40ecd308d9e59282aa%7C8e087664409d4c4ca6b47aa01020d6ea%7C0%7C0%7C637793239710335448%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=TPKxBP%2BkP%2FYYDyIJxojFgKtHeqIegxqrIjgebP74U88%3D&reserved=0)

**About Trualta**

Trualta ([www.trualta.com](https://c212.net/c/link/?t=0&l=en&o=2985507-1&h=3607977867&u=https%3A%2F%2Fnam11.safelinks.protection.outlook.com%2F%3Furl%3Dhttp%253A%252F%252Fwww.trualta.com%252F%26data%3D04%257C01%257C%257Cea365240f8bf48f4c8de08d87d017b3b%257Cb5c7d6f345e0425894917a8316bf8b3c%257C0%257C0%257C637396792598062305%257CUnknown%257CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%253D%257C1000%26sdata%3D0bgRgwIWbTWEfMXKxJvk7%252FqXElxyacBWDRuiy7FJwVg%253D%26reserved%3D0&a=www.trualta.com)) supports families managing care for loved ones at home via an online learning platform. In partnership with innovative healthcare payers, providers, government and social service organizations, Trualta provides better care at lower cost. Each partner organization is equipped with a customized learning portal through which healthcare professionals deliver on-demand, personalized skills-based training to help caregivers keep their loved ones at home for longer.

Currently available in Canada and across 26 US states, Trualta's evidence based is proving that trained, confident family caregivers can improve health outcomes and reduce costs.

**About the Greater Wisconsin Agency on Aging Resources, Inc.**

The Greater Wisconsin Agency on Aging Resources, Inc. (GWAAR) ([https://gwaar.org/](https://c212.net/c/link/?t=0&l=en&o=2985507-1&h=1551950587&u=https%3A%2F%2Fgwaar.org%2F&a=https%3A%2F%2Fgwaar.org%2F)) is a nonprofit agency committed to supporting the successful delivery of aging programs and services in 70 counties and 11 tribes in Wisconsin. GWAAR provides aging agencies in our service area with training, technical assistance, and advocacy to ensure the availability and quality of programs and services to meet the changing needs of older people in Wisconsin.

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**About the Wisconsin Department of Health Services**

The Department of Health Services (DHS) (<https://www.dhs.wisconsin.gov/>) is one of the largest and most diverse state agencies in Wisconsin, with an annual budget of roughly $11.5 billion and more than 6,100 employees. DHS is committed to protecting and promoting the health and safety of the people of Wisconsin, making sure everyone can live their best life.

DHS oversees Medicaid, the single largest program in the state budget, the State Office on Aging and other health and social service programs. DHS ensures that the care provided to Wisconsin residents is high quality and provided in accordance with state and federal law; ensures that Wisconsin taxpayer dollars are being used effectively and efficiently by preventing and detecting waste, fraud, and abuse; and works to continue Wisconsin's long tradition of strong health outcomes and innovation.

DHS works with local counties, health care providers, community partners, and others to provide alcohol and other drug abuse prevention, mental health, public health, implementation of long-term care, disability determination, regulation of state nursing homes, and numerous other programs that aid and protect the citizens of our state. DHS also oversees seven 24/7 institutions: three centers for the developmentally disabled; a facility for mentally ill inmates; two psychiatric hospitals; and a facility for treating sexually violent persons.