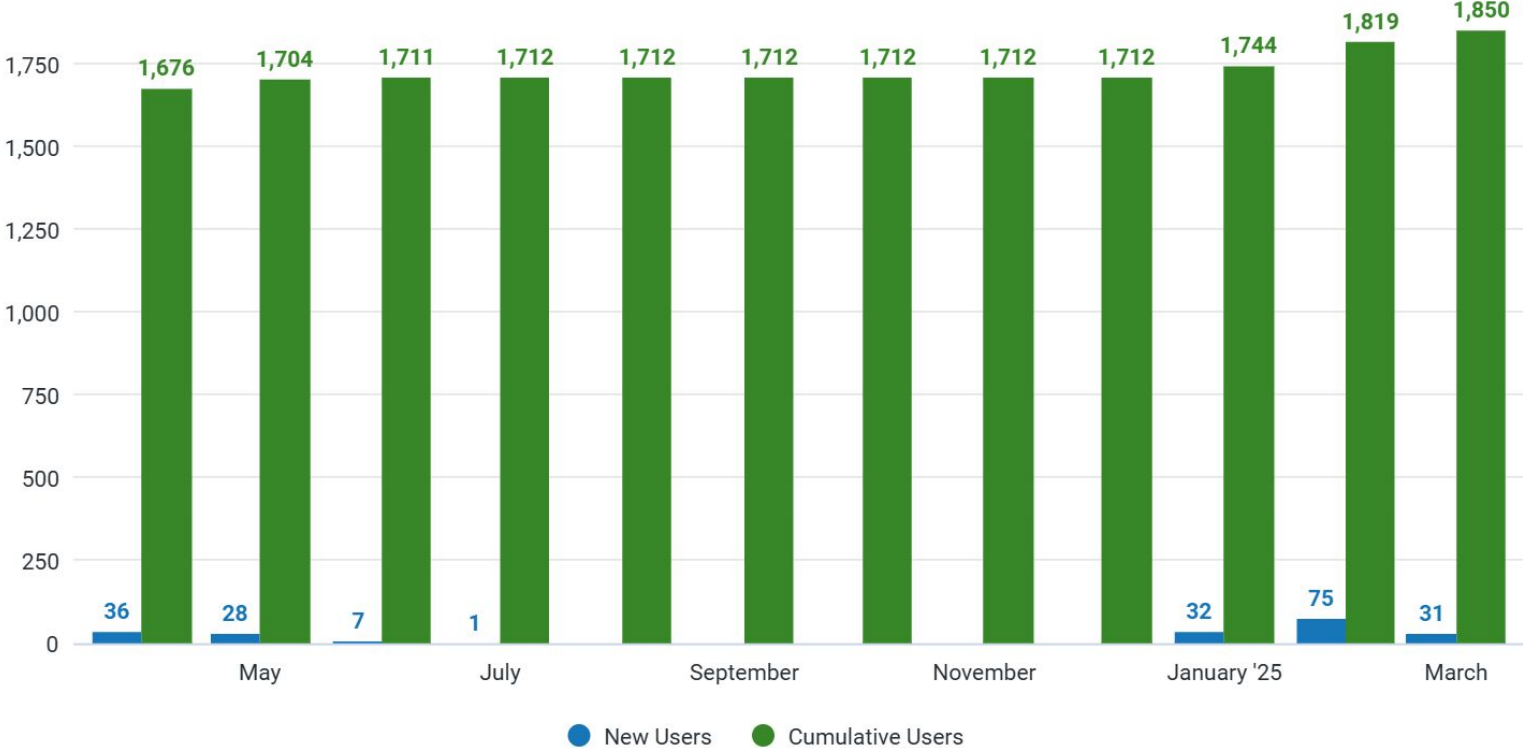




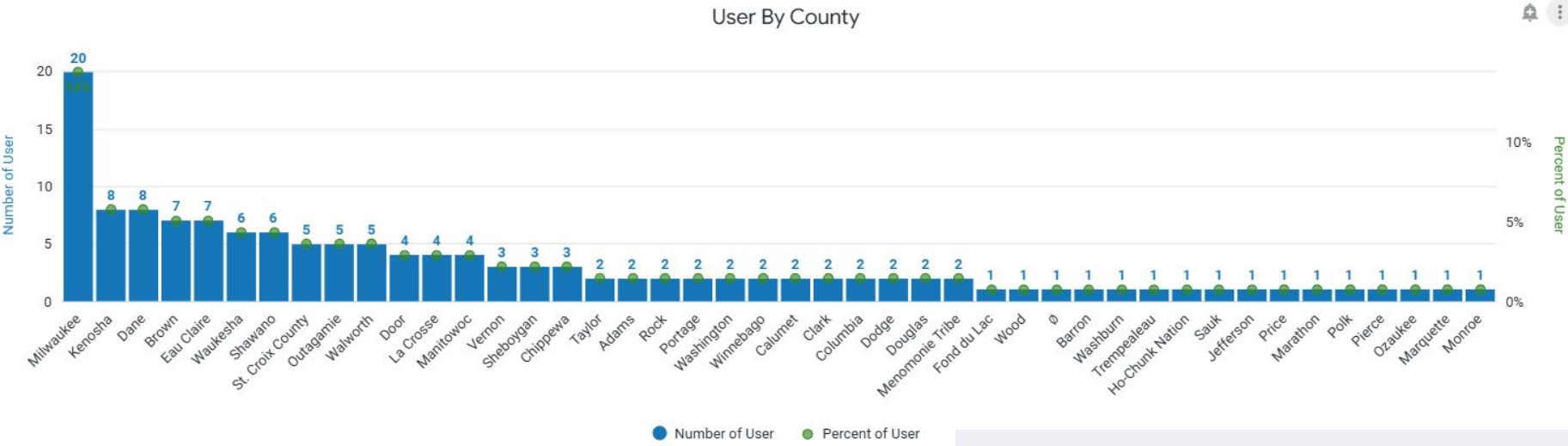
Trualta ~ Caregiver Wellness and Support

Key Metrics



138 Caregivers enrolled from January 1st to date

Key Metrics (by County) - January 1 to date

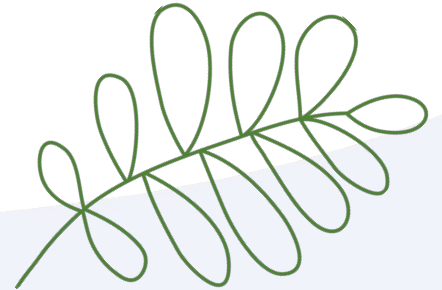


Milwaukee 20
Kenosha 8
Dane 8
Brown 7
Eau Claire 7

- Top Staff Invites:**
- Lisa H - Sheboygan County**
 - Margaret - Kenosha County**
 - Terri - Brown County**

The state of Caregiving in America...Did you know:

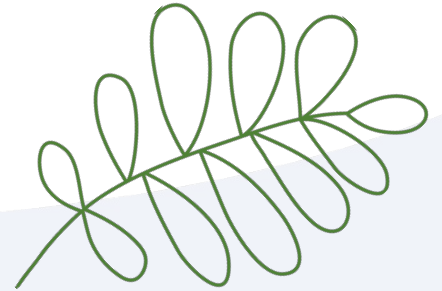
- » **About 61% of caregivers are employed**
- » **About 40% of caregivers feel emotionally exhausted**
- » **There are approximately 53 million family caregivers in the United States**
- » **Family caregivers provide an average of 24 hours of care per week**
- » **23% of caregivers provide 41 hours or more of care per week**
- » **On average, caregivers have been providing care for 4.5 years**
- » **Family caregivers contribute an estimated \$600 billion annually in unpaid care**
- » **The average caregiver incurs approximately \$7,242 per year in out-of-pocket expenses related to caregiving**





**Caregivers often feel
overwhelmed....**

Trualta is here to help!





**With Trualta, we can help
caregivers get the confidence
for better days!**

**Join today at
wisconsincaregiver.trualta.com**



Gratitude For Wellness

🕒 6 min

Article



Webinar: Caregiver
Wellness: Strength, Balance...

🕒 1 hr 10 min

Video

Hispanic/Latino Caregiver
Wellness

📁 6 Activities



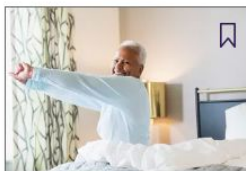
Toolkit



Building Self-Esteem &
Emotional Resilience

🕒 11 min

Article



Good Morning Stretches

🕒 9 min

Video



The Care & Share Show:
Episode 7

🕒 56 min

Video



Mindfulness For Mental
Health

🕒 7 min

Article



Caring For Your Mental
Health While Caring For...

🕒 6 min

Article



Trualta Care Guide

🕒 10 min

Resource

Learning Library

» Toolkits

- » Caregiver Wellness
- » Hispanic/Latino Caregiver Wellness
- » Healing Caregiver Burnout

All Results

Forum

Learning



Caregiver Resources In Wisconsin

2 min

Article



Dementia Caregiver Checklist

5 min

Article



Webinar: Depression In Caregiving (Spanish)

51 min

Video



Trualta Learning List

2 min

Resource

Learning Library

» Resources

- » Trualta Care Guide
- » Emergency Planning Workbook
- » Dementia Caregiver Checklist

» Video: Managing Parental Shame & Differing Opinions

5 results for "Webinars wellness"

All Results

Forum

Learning



Webinar: Caregiver
Wellness: Strength, Balance...

1 hr 10 min

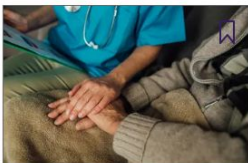
Video



Webinar: Coping With
Caregiver Guilt

55 min

Video



Webinar: Hospice 101

58 min

Learning Library

- » Pre-recorded Webinars
 - » Strength, Balance & Mobility
 - » Relax & Recharge
 - » Care & Share Show: Episode 3

Live Events

Book Club For Caregivers (T4)



- 📅 April 3, 2025 - April 24, 2025
- 🕒 Thursday, April 3, 2025 - 11:00am - 12:00pm MST
Thursday, April 10, 2025 - 11:00am - 12:00pm MST
[See All Times](#)
- 🌐 Online Event

Relax & Recharge (R3)

Cameras Off 🚫



- 📅 March 4, 2025 - March 25, 2025
- 🕒 Tuesday, March 18, 2025 - 8:00am - 8:15am MST
Tuesday, March 25, 2025 - 8:00am - 8:15am MST
- 🌐 Online Event

Anonymous Support Group: Building Emotional Strength (A10)



- 📅 March 31, 2025 - April 21, 2025
- 🕒 Monday, March 31, 2025 - 12:00pm - 1:00pm MST
Monday, April 7, 2025 - 12:00pm - 1:00pm MST
[See All Times](#)
- 🌐 Online Event

Cameras Off 🚫

Anonymous Talk: Anger & Frustration In Caregiving

Cameras Off 🚫



- 📅 April 8, 2025
- 🕒 Tuesday, April 8, 2025 - 9:00am - 10:00am MST
- 🌐 Online Event

Forum

Welcome to the Forum
A space to connect, share, and offer support to one another. [+ Share](#)

Main Feed **Groups**

Caregiver28041
1 Hour Ago

Bouts Of Anger/Guilt/Resentment/Depression

Hi, Looking to connect with others going through bouts of intense emotions from lack of support from siblings (many). Full time 24/7 caregiver for my mom who is nearing stage 7 dementia. I do it...

[View more](#) ▾

[Like](#) [Comment](#) **NEW**

Caregiver33720
2 Hours Ago

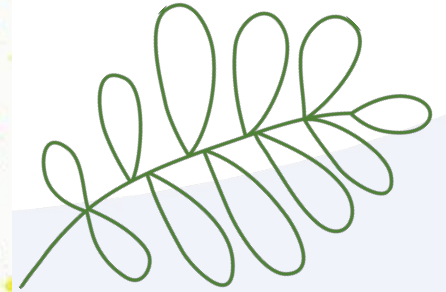
New To The Group

Taking care of my mom in her late 80 with COPD

[Like](#) [Comment](#) 1 views

**Caregivers can
connect with one
another...**

We celebrate and support Caregivers!





Thank You!

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m

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