



Do you...

Perform housework for someone?

Help them shop for food?

Help them bathe or get dressed?

Drive them to appointments?

Get up in the night to make sure they
are safe?

Pick up their medication?

**Are you feeling
overwhelmed?**

There is help



ocihsspa.trualta.com

Free online training and support is available to caregivers like you

- Improve your confidence, reduce stress, and prevent burnout
- Connect with other caregivers through community chat rooms
- Access on-demand resources to suit your schedule
- Suit your learning preference with videos, articles, audios, interactive scenarios in English and Spanish

A Variety of Topics

- Communication changes
- Behavior management
- Transition from hospital to home
- Personal care
- Activities and recreation
- Your own wellness
- Heart and lung health
- Mobility and fall prevention
- Documents and decision-making
- Meaningful activities
- Grief and loss
- Caring for kids

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"The caregiver portal was my first support system when caring for my mother with dementia.

There is so much helpful information in one place and I learned so much about providing care."

Laura W, caring for her father

Sign up today!

