

MIDDLESEX

C O U N T Y • N J

OFFICE OF AGING &
DISABLED SERVICES



Training and resources to help caregivers improve and manage daily provision of home care to their loved ones.

Middlesex County Office of Aging & Disabled Services has partnered with Trualta for a web based training platform built for family and self-directed caregivers. The goal is to develop confident and competent family caregivers that can manage care at home. Training is delivered via an informal and interactive online learning system tailored to each caregiver's situation.

REGISTER TODAY AT:
middlesexcountynj.gov/trualta

Contact us to learn more.

Call: 732-745-3295

Email: mcoads.events@co.middlesex.nj.us



SKILL-BASED TRAINING

Offering family members access to training that builds the skills required to provide care at home.

CLINICALLY VALIDATED

Co-designed with families and backed by an evidence base from ongoing clinical validation in a range of care settings.

PERSONALIZED LEARNING JOURNEY

Delivers families with content that is tailored to their care situation and learning style.

FREE ONLINE TRAINING AND SUPPORT IS AVAILABLE TO CAREGIVERS LIKE YOU!

NO-COST BENEFITS TO PARTICIPANTS OF THIS PROGRAM INCLUDE:

- Reduced caregiver time, burden and expense of providing care
- Improved caregiver confidence
- Reduced stress and prevention of caregiver burnout
- Connect with other caregivers through community chat rooms
- Access on-demand resources based on your schedule
- Access to videos, articles, audios, interactive scenarios in English and Spanish

TOPICS COVERED INCLUDE:

- 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

