



TRUALTA

ltss-iowa-trualta.com



Iowa HHS Portal for Caregivers

March 21, 2024

Trualta is an interactive eLearning platform to help manage care for individuals at home.



- Caregivers are onboarded to our **interactive eLearning environment**; delivering engaging and personalized training.
- Short, quick lessons created by experts in aging; **professional-level training** adapted for informal caregivers.
- Easy to use for all ages, completely private, and **accessible 24/7**
- **No app required**, view on any browser, computer, laptop, phone or tablet
- **Print material** is available to supplement the digital platform

Critical Skills Across Complex Conditions

Key Competencies:

Responding to Behaviors

Safety & Injury Prevention

Managing Symptoms

Navigating Healthcare Visits

Personal Care

Supporting Wellness

Future Planning

Caregiver Wellness

Top Conditions:

Aging

Alzheimer's & Dementia

IDD

Stroke

Diabetes

Parkinsons

Heart Health

Lung Health

Mental Health

Kidney Care

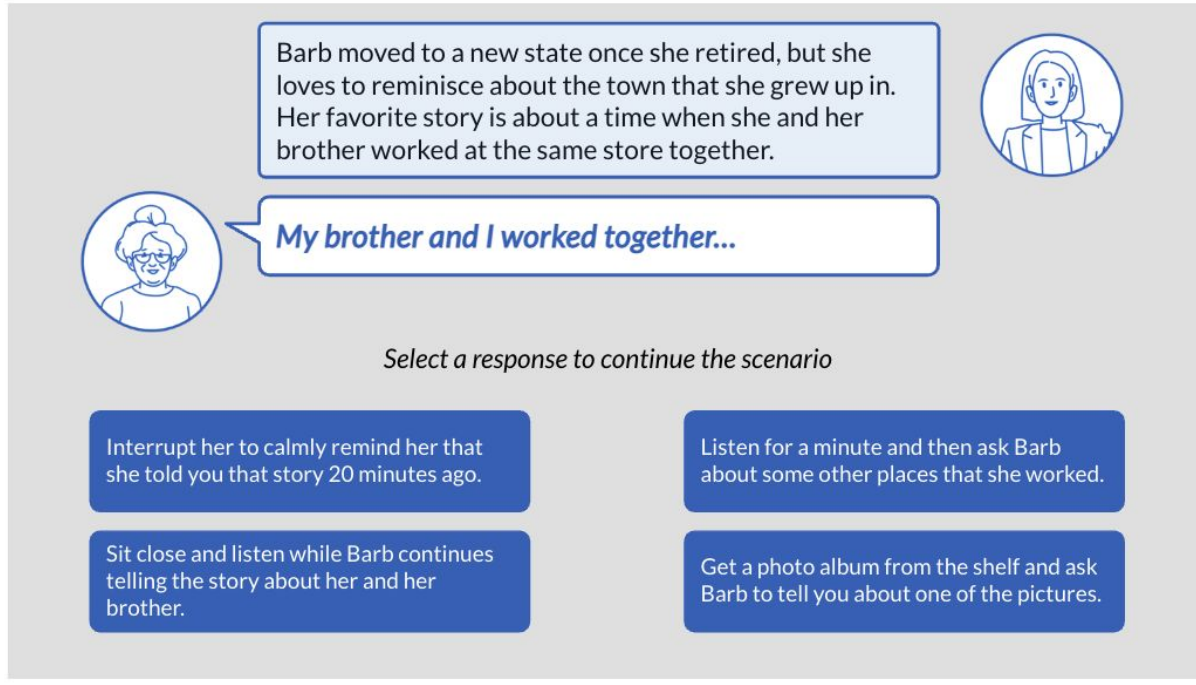
Micro learning in multiple modalities
(Audio, Video, eLearning & Print)

Spanish Language*


ADA Compliant targeting grade 5 reading levels

Expert-led & developed by licensed professionals

Content Modalities



Barb moved to a new state once she retired, but she loves to reminisce about the town that she grew up in. Her favorite story is about a time when she and her brother worked at the same store together.

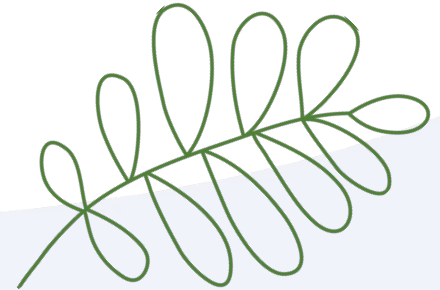


My brother and I worked together...

Select a response to continue the scenario

- Interrupt her to calmly remind her that she told you that story 20 minutes ago.
- Listen for a minute and then ask Barb about some other places that she worked.
- Sit close and listen while Barb continues telling the story about her and her brother.
- Get a photo album from the shelf and ask Barb to tell you about one of the pictures.

Interactive
e-learning modules



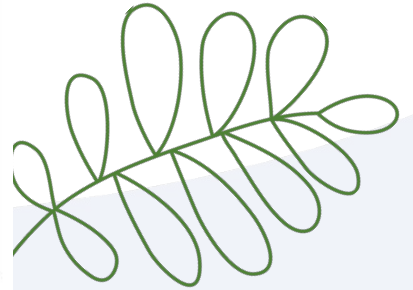
Content Modalities

Teepa Snow: 5 Ways We Might Provide Care After A Stroke

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Videos to
demonstrate skills



Content Modalities

📄 Article • ⌚ 2 minutes

Refusing To Discuss POA

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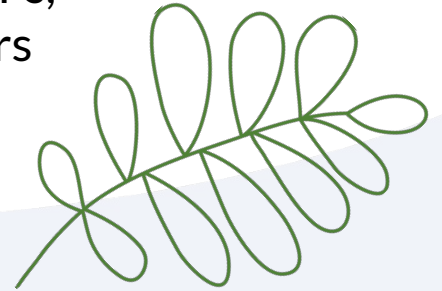
1. Start The Conversation

Ask for help with the conversation. Include someone who your care recipient respects, but isn't the main caregiver. Sometimes the closest caregiver gets the most push back on this conversation. You can also ask your doctor or a trusted professional to start the conversation.

- Try not to force a decision.
- Remind them it is completely their choice.

2. Provide Information

Articles with downloadable tipsheets, PDFs, and voiceovers



Community Chat Room

Problem

- Burnout from caring
- Guilty about negative feelings
- Worried about the future
- Lonely and isolated due to caregiving demands

Solution

- ☐ Access to a community of support 24/7
- ☐ Feeling safe and supported to ask questions and share feelings
- ☐ Appreciating they've done all they can

Features

- Create new posts, upvote, reply
- Get notified about responses
- Follow topics and categories
- Moderated by Trualta staff



The Results: Trualta can help improve confidence and reduce stress

Trualta's platform was recently studied in a 30 day intervention with the University of Florida*

Engagement: Avg. caregiver viewed 33 modules and spent ~8 hours on the platform in 30 days

Participants



Used a Trualta Skill during 30-day period



Used Trualta Skills on a daily basis

Key Outcomes

- ↑ 32% increase in **Fulfillment From Caring**
- ↑ 14% improvement in **Ability to Manage Care**
- ↑ 14% improvement in **Confidence**
- ↑ 12% improvement in **Patient Wellbeing**
- ↓ 10% decrease in **Stress**

Published in the Journal for Alzheimer's & Dementia in 2021

What we've heard from caregivers...



"I'm always learning, constantly looking for resources. Trualta is by far the best one I've come across."

- Age 42, caring for husband



"Trualta helped me realize that I'm not alone. There are other people out there like me, struggling with similar issues."

- Age 28, caring for grandmother



"Through Trualta I realized that it wasn't her, it was me. I needed to be trained. My previous reaction was 'Oh, she needs more meds'"

- Age 80, caring for wife