



TRUALTA

ltss-iowa-trualta.com



Iowa HHS Portal for Caregivers and Case Managers

May 16, 2024

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



- Learners 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.

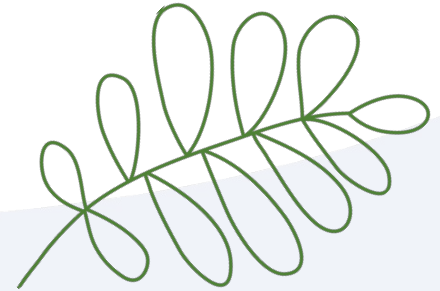


My brother and I worked together...

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



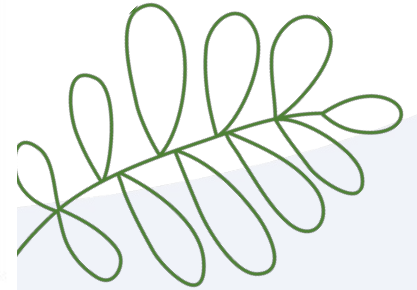
Content Modalities

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

[Save For Later](#) | [0 Comments](#)



Videos to
demonstrate skills



Content Modalities

📄 Article • ⌚ 2 minutes

Refusing To Discuss POA

🔖 [Save For Later](#) | 📄 [Download To Print](#) | 💬 [0 Comments](#)



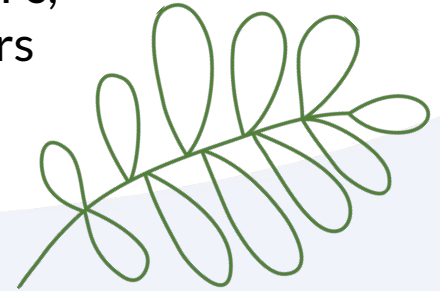
1. Start The Conversation

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



Caregiver Essentials Certifications

Home Learning Community Local Resources Contact Staff Member

Truata's Caregiver Essentials Certification

Being a caregiver requires you to safely and effectively care for others. To do this best, you must also take care of yourself. Truata's Caregiver Essentials Certification ensures you can handle day-to-day care tasks efficiently, while also connecting you to a community of other.

[Enroll for Free](#)

What you'll learn

- Gain insight to navigate complex caregiving scenarios, ensuring optimal care. Anticipate challenges with finesse.
[Self-Awareness](#) [Decision Making](#)
- Perfect dialogue mastery for nuanced interactions, connecting meaningfully as a caregiver. Confidence in interpreting needs.
[Communication](#) [Listening](#) [Non-Verbal Communication](#)
- Foster bonds for shared wisdom and encouragement, creating a supportive caregiver network. Build lasting connections.
[Collaboration](#) [Networking](#)
- Maximize certification benefits, seamlessly integrating for an elevated caregiving experience. Certified and well-prepared for excellence.
[Integration](#) [Certification](#)

Course Structure

- 1. Introduction to Home Health Care** 2 hours to complete [Module details](#)
- 2. Communication Skills** 6 hours to complete [Module details](#)
- 3. Caregiver Wellness** 4 hours to complete [Module details](#)

Learn at your own pace

Optional Meet-ups

Grading by experts

2 months at 10 hours/week

Free of charge

Earn a Professional Certificate
Approved in 25 states, backed by 40 agencies across U.S. Lorem ipsum dolor sit amet.
[Click to learn information](#)

Structured and targeted learning to provide care effectively with expert tips and tricks to get the job done efficiently



Caregiver Essentials Certifications

Learning > CG Essentials Certification > 1. Introduction to Home Health Care > **Module Overview**

Module 1 (0/7 lessons) Module 2

Module Overview

1. Introduction to Home Health Care 2 hours to complete

Here, you'll explore the background and current state of home health care and how it relates to your caregiving role. You'll also be introduced to the importance of your own care, wellness, and community. It will help you to know what to expect as embark on a rewarding and much needed roles as a caregiver.

Upon completion of this module, you will be able to:

- Explain the state of home health care today
- Describe the roles, responsibilities, and scope of patient care
- Analyze your state and need of self-care and wellness
- Apply features in Tualta's Essentials of Caregiving certification program for the best experience possible

1.1. Basics of Home Care
Reading • 10 minutes

1.2. The Caregiver's Experience
Reading • 10 minutes

1.3. How to Use this Course
Video • 5 minutes

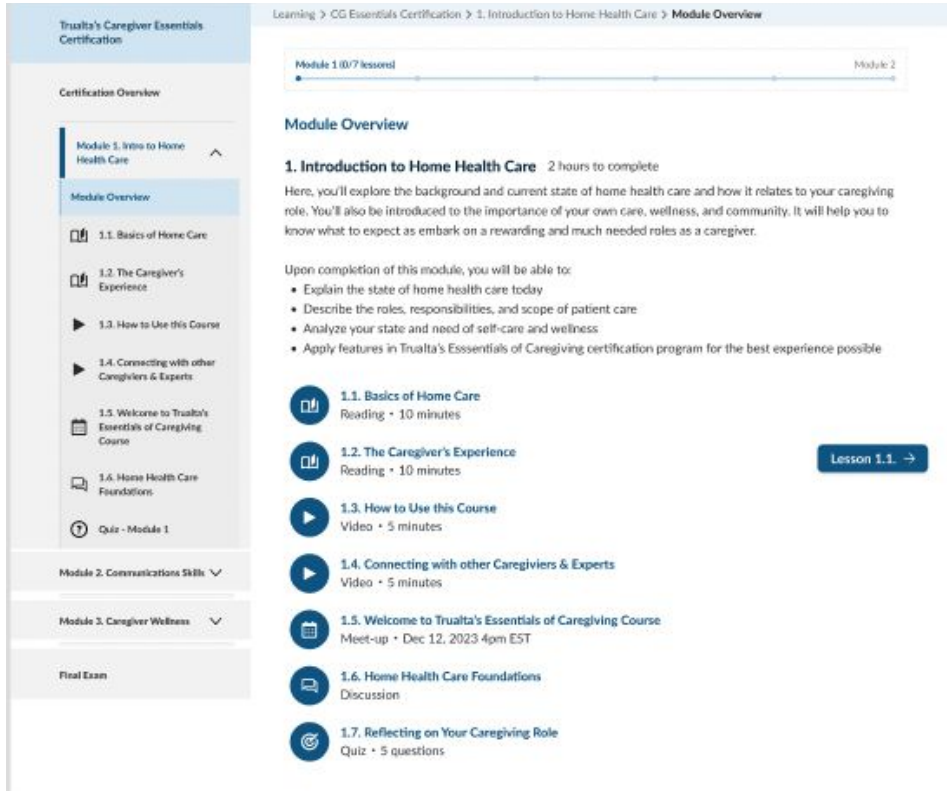
1.4. Connecting with other Caregivers & Experts
Video • 5 minutes

1.5. Welcome to Tualta's Essentials of Caregiving Course
Meet-up • Dec 12, 2023 4pm EST

1.6. Home Health Care Foundations
Discussion

1.7. Reflecting on Your Caregiving Role
Quiz • 5 questions

[Lesson 1.1 →](#)



Convenient and micro-learnings for
a busy schedule

Total of ~15 hours



Caregiver Essentials Certifications

The screenshot shows the TruAlta website interface for the Caregiver Essentials Certification. The top navigation bar includes the TruAlta logo, a search icon, and links for Home, Learning, Community, and Local Resources. The breadcrumb trail indicates the user is in the 'Final Exam' section of the '1.7. Reflecting on Your Caregiving Role' module. The main content area is titled 'Final Exam' and contains a welcome message, exam details, and a 'Start final exam' button.

TruAlta's Caregiver Essentials Certification

Learning > CG Essentials Certification > 1. Introduction to Home Health Care > 1.7. Reflecting on Your Caregiving Role

Final Exam

Welcome to the Caregiver Essentials Certification Final Exam!

Exam Details

- **Complete the exam in one sitting.**
- You can flag questions, but you have to answer all of them in order to finish the exam.
- **Important:** using your browser's Back or Refresh may erase your answers. Navigate to previous questions safely with "Show Navigation".

- There are 100 questions
- To pass, a score of 70% (70 correct answers) is needed
- No time limit.

Retaking the Exam

- Retry as needed.
- Revisit materials for reinforcement.

We wish you the best of luck. Feel free to start when you are ready.

[Start final exam](#)

A final exam with 100 questions; 70% cutoff to get the certificate.



Competency-Based Trainings

Homepage > Understanding the Olmstead Decision

Understanding The Olmstead Decision






Overview

Understanding the Olmstead Decision

Understanding The Olmstead Decision

Understanding The Olmstead Decision

In this session, we will: Understand the significance of Olmstead v. L.C. and E.W. in the delivery of disability-related services; determine how the central principles of the Olmstead Decision are implemented in Iowa's services system today; identify milestones in the state's compliance with Olmstead principles; and build an understanding of how programs such as Money Follows the Person, HCBS Waivers, and community-based mental health services play a role in the State's plan.

 Live Recorded Session On Life In The Community:... 🕒 36 min Video	 Check Your Background Knowledge (T26) 🕒 10 min Resource	 Check Your Learning (T26) 🕒 10 min Resource
		

Hosted on the portal along with the pre- and post-tests.

Learners can download a Record of Learning for their records.



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

Activate your account today

ltss-iowa-trualta.com

✨ You will use this link to activate your account and login to the LMS.

