



TRUALTA

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Iowa HHS Caregiver Training Portal



Agenda

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Downloading your Record of Learning



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What is Trualta?

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



- Learners (Caregivers and Case Managers) are onboarded to our **interactive eLearning environment**; delivering engaging and personalized training covering a variety of topics and conditions.
- Short, quick lessons created by experts in aging; **professional-level training** adapted for a broad audience.
- 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

Trualta's Platform Today: Critical Skills Across Complex Conditions

Skills:

- Responding to Behaviors
- Safety & Injury Prevention
- Managing Symptoms
- Navigating Healthcare Visits
- Personal Care
- Supporting Wellness
- Future Planning
- Caregiver Wellness

Content Library:

- Alzheimer's & Dementia
- IDD
- Stroke
- Diabetes
- Parkinsons
- Heart Health
- Lung Health
- Mental Health
- Kidney Care
- Aging
- Hispanic Caregivers
- Kinship
- LGBTQ Caregivers (SAGE Care Partnership)
- End of Life 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

[Learning Library](#)

Landing page



Sign In

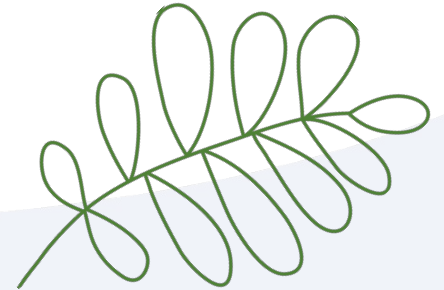
EN

Better Days With Practical Caregiving Support

On-demand answers for caregiving challenges precisely when you need them most. Explore our online lessons and events to get help today and every day.

Sign Up

- The benefit of using Trualta
- Disclaimer of no cost for the workers
- Testimonials from other workers
- Quick toggle to Spanish





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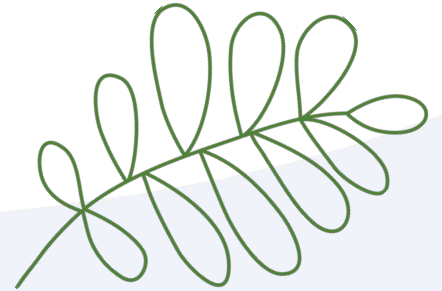
Registering your Account



Registration

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



Activating your account



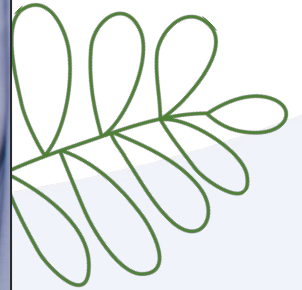
Sign In

EN

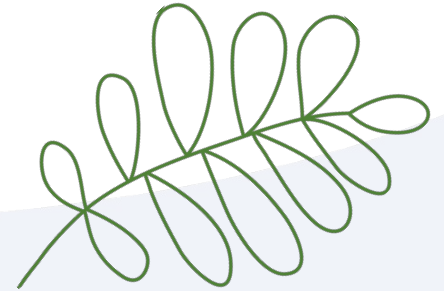
Better Days With Practical Caregiving Support

On-demand answers for caregiving challenges precisely when you need them most. Explore our online lessons and events to get help today and every day.

Sign Up



Activating your account



Activating your account



Sign In

Email address

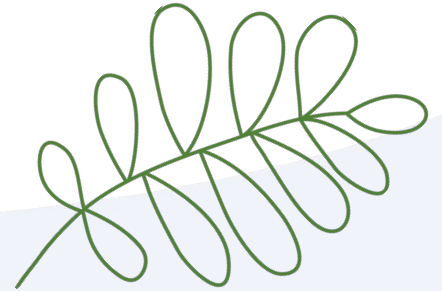
A small icon of a key with a checkmark, indicating a password field.

Next

[Unlock account?](#)

[Help](#)

Don't have an account? [Sign up](#)



Verifying your account



Set up security methods

 @gmail.com

Security methods help protect your account by ensuring only you have access.

Set up required



Email

Verify with a link or code sent to your email
Used for recovery

[Set up](#)



Password

Choose a password for your account
Used for access

[Set up](#)

[Back to sign in](#)



Verify with your email

 @gmail.com

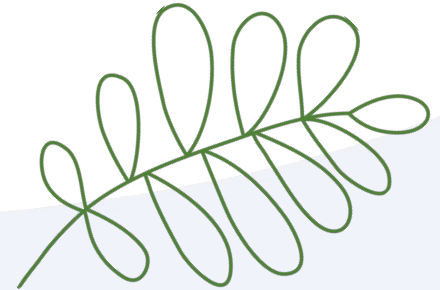
We sent an email to @gmail.com.
Click the verification link in your email to continue
or enter the code below.

[Enter a verification code instead](#)

[Return to authenticator list](#)

[Back to sign in](#)

Complete following prompts to activate your account!



Activating your account

Welcome!

Sign up for free

English

Please Select County/Tribe/Ward *(required)*

Select One

Check The Box(Es) That Describes The Person You Are Caring For: *(required)*

- An aging Iowan
- Has Alzheimer's disease or dementia
- Has cognitive disabilities
- Has a physical disability
- Is a minor or other relative under age 18
- Has complex behavioral needs
- Other

Please Select Which Of These Statements Best Represents You.: *(required)*

- Informal/Unpaid caregiver
- Self-directed caregiver
- Direct Service Professional at a provider organization
- Case Manager
- Other

Back

Next

Welcome To Our Community

Create an account

English

Staff Member Name:

LTSS Iowa

First Name *(required)*

Test

Last Name *(required)*

KunalP

Age Group *(required)*

Prefer not to say

Gender *(required)*

Prefer not to say

- Receive email notifications about exciting new content relevant to your care situation.

By clicking Sign-Up below, you agree to Trualta's [Privacy Policy](#) and [Terms Of Service](#)

Back

Sign-Up

Home Page

IOWA
Health and Human Services

How can we help?

EN | Notifications | My Account

Home | Learning | Community | Contact Your Staff Member

Upcoming Events

Webinar: Depression & Caregiving

Do you have feelings of hopelessness? Sadness? Frustration?

[Register](#)

Webinar: Depression & Caregiving

Cameras Off

May 24, 2024

Friday, May 24, 2024 - 12:00pm - 1:00pm EDT

Online Event

2 / 2

What Brings You Here Today

Trualta provides support that meets you where you're at! Explore our learning library to access education and build key caregiving skills. Check out our community chat and events to connect with caregivers like you!

- Community Chat
- Webinars
- Care Stories
- Education

Welcome and upcoming events

Text welcoming users to our platform and sharing how we can help them.

What brings you here today?

We feature two main offerings: a space for users to join webinars and access tailored content based on topics selected.

Library

Home My Learning **Library** Community Contact Your Staff Member

Welcome To Your Library

You'll get what you need, when you need it most from our platform. It includes personalized, on-demand learning from experts to make caring at home effective and easier.

Browse Learning Materials
Caregiver Essentials Certification **New**

your learning in the Learning Hub [My Learning Hub](#)

This Month's Featured Toolkit
Mobility & Fall Prevention
Use this toolkit to learn tips & strategies to support your care recipient's safe mobility, prevent falls, & help with transfers.
[View Now](#)

Full Library [+ Add Topic](#)

Repository of all learning resources

Organized by topics the worker is interested in.

Each content tile shows the modality of the lesson, the expected seat time, and an option to bookmark and save it.

My Topics Care Skills Caregiver Burnout Dementia & Alzheimer's Full Library [+ Add Topic](#)

Select a filter to get started and find content more specific to your needs [+ Filters](#)

Try It Out: How Can You Help Prevent Falls? 5 min Scenario	Dentures 2 min Article	Try It Out: Missed Medications 6 min Complete Scenario	Try It Out: Caring For Yourself 5 min Scenario
High Risk Medications 8 min	Try It Out: Completing Skin Checks 5 min	Try It Out: Talking About POA 5 min	Preparing For Discharge 5 min

Adding and Filtering Topics

Home Learning ▾ Community ▾ Contact Your Staff Member ▾


Homepage > Library

Welcome To Your Library

You'll get what you need, when you need it most from this online platform. It includes personalized, on-demand learning from experts to make caring at home effective and easier.

Resume your learning in the Learning Hub [My Learning Hub](#)

This Month's Featured Content



Meal Planning A Heart Healthy Diet

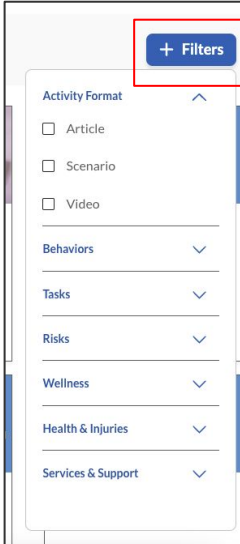
Navigate this scenario to practice planning a heart healthy meal for your care recipient!

[View now](#)

[Full Library](#) [+ Add Topic](#)

Allows workers to add additional topics or filter by content/lessons

Filters the learning library based on what topics the worker has indicated they are interested in learning so resources are quickly accessible



[+ Filters](#)

Activity Format ▾

- Article
- Scenario
- Video

Behaviors ▾

Tasks ▾

Risks ▾

Wellness ▾

Health & Injuries ▾

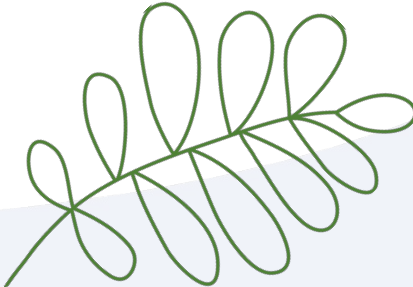
Services & Support ▾

Live Events and Webinars

The screenshot shows the IOWA Health and Human Services website. At the top left is the IOWA logo. A search bar contains the text "How can we help?". To the right are links for "EN", "Notifications", and "My Account". Below this is a navigation bar with tabs for "Home", "Learning", "Community" (which is selected and underlined), and "Contact Your Staff Member". A breadcrumb trail reads "Homepage > Community: Webinars & Support Groups". The main content area has a green header with the text "Upcoming Events" and a calendar icon. Below this are two tabs: "All Events" (active) and "My Events". The "More Upcoming" section features a card for a webinar titled "Webinar: Depression & Caregiving". The card includes a "Cameras Off" button, a thumbnail image of an umbrella in the rain, and event details: "May 24, 2024", "Friday, May 24, 2024 - 12:00pm - 1:00pm EDT", and "Online Event". A "View Details" button is located at the bottom right of the card.

Community tab

Shows all upcoming webinars and support groups available for registration





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Caregiver Essentials Course



Caregiver Essentials Certifications

Home

My Learning ▾

Library ▲

Community ▾

Caregiver Essentials

Certification Overview

Chapter 1. Introduction To Paid Caregiving & Home Health ▾

Chapter 2. Communication Skills ▾

Browse Learning Materials

Caregiver Essentials Certification • New

Care

What

how you help a loved one at home, this is for you. It offers skills training, practical knowledge, and the benefit of connecting with other caregivers. In turn, you'll find more fulfillment and efficiency in your role each day.

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

Convenient and micro-learnings for a busy schedule

Caregiver Essentials

Whether providing care is part of your career or how you help a loved one at home, this is for you. It offers skills training, practical knowledge, and the benefit of connecting with other caregivers. In turn, you'll find more fulfillment and efficiency in your role each day.

Get Started For Free



What You'll Get



Expertise handling routine & complex caregiving scenarios, to provide the best care with greater ease.

Decision Making Daily Care Mobility & Assistance



Improved communication for varying interactions while still connecting meaningfully as a caregiver.

Interpreting Needs Verbal & Non-Verbal Communication Listening Reduced Conflict



Support & community with other caregivers and clinical experts to share tips, encourage one another, and build lasting connections.

Guidance Connection Networking



Professionally certified knowledge & skills for maximized employment gains.

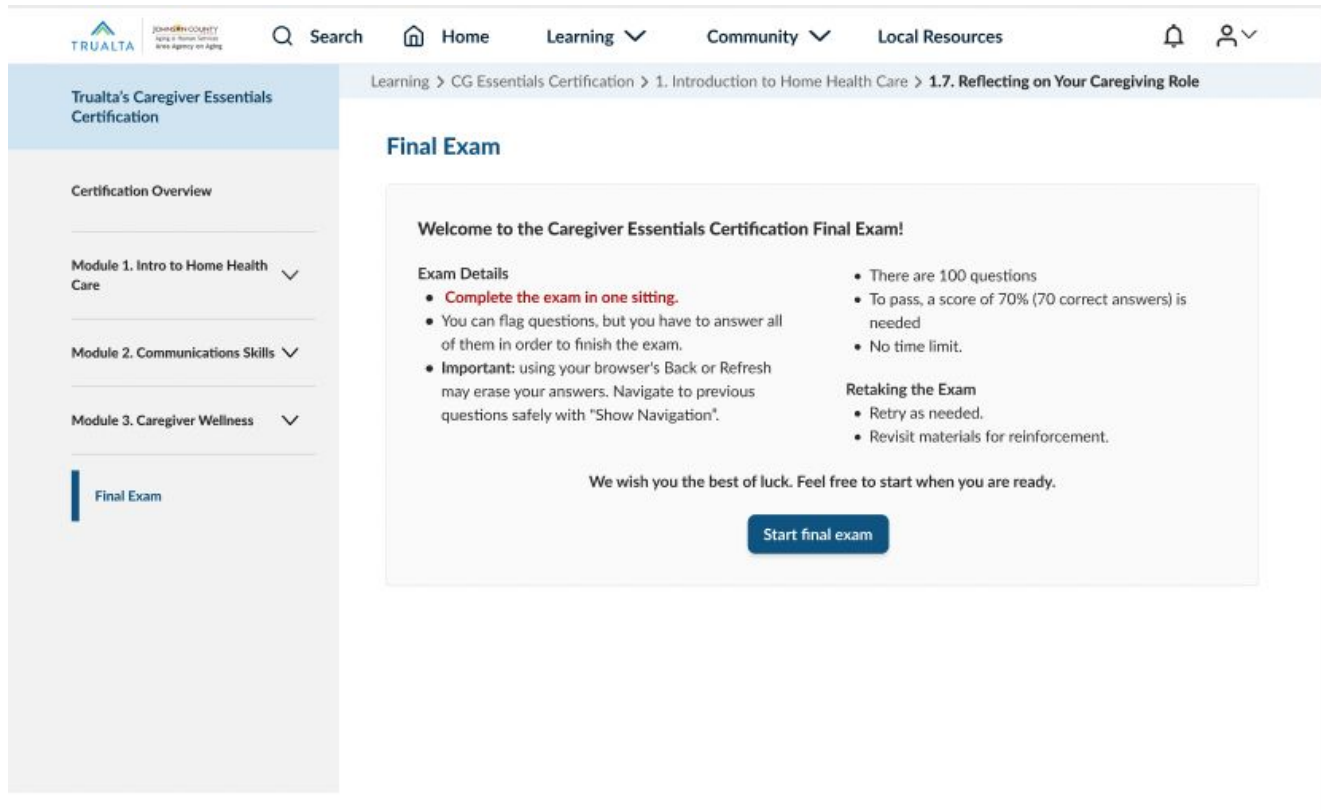
Caregiving Authority Credible & Reputable Trusted Certification

- On-Demand Learning
- Read, Watch, Do
- Immediate Grading & Feedback
- 15 Learning hours



Earn A Professional Certificate
Click to more information

Caregiver Essentials Certification Exam



TRUALTA | JOHNSON COUNTY Aging & Senior Services Area Agency on Aging

Search Home Learning Community Local Resources

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.



Caregiver Essentials Certification





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Competency-Based Trainings



Navigating to Competency-Based

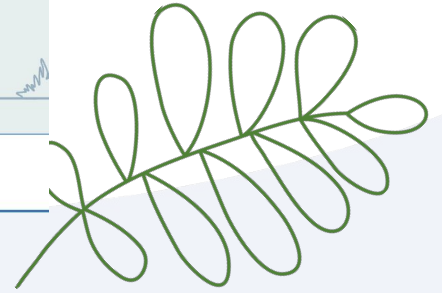


EN | Notifications

The screenshot shows the 'My Learning Hub' interface. At the top, there are navigation tabs: 'Dashboard', 'My Learning' (selected), 'Library', and 'Community'. Below the tabs, the breadcrumb 'Homepage > My Learning Hub' is visible. The main content area is titled 'My Learning Hub' and contains a 'My Library' section. This section has a list of items: 'In Progress (4)', 'Bookmarked (0)', 'Completed (54)', and 'To-Do List' (with a 'New' button). A dropdown menu is open over the 'My Library' section, listing: 'In Progress (4)', 'Bookmarked (0)', 'Completed (54)', 'Iowa Recommendations' (highlighted with a red box), and 'Staff Picks'. The background of the interface features a light blue and green color scheme with a decorative illustration of a bench, a sandcastle, and a palm tree.

A one-stop learning tracker

This helps you keep track of what you have completed, what you have saved for later, and what you are currently working on.



Iowa Competency-Based Training

The screenshot displays the Iowa Health and Human Services website interface. At the top left is the logo for Iowa Health and Human Services. A search bar contains the text "How can we help?". To the right of the search bar are links for "EN", "Notifications", and "My Account". Below this is a navigation bar with "Home", "Learning", "Community", and "Contact Your Staff Member".

The main content area features a sidebar on the left with "My Learning Hub", "My Library", "Recommendations", "Iowa Recommendations", and "Staff Picks". The main content area displays two featured training modules, each with a "Toolkit" header and an icon of a heart with a pulse line and two document icons.

Intro To Motivational Learning
5 Learning Activities
Join us for an introduction to the well- known techniques of motivational interviewing. In this training you will understand the us...
[Save For Later](#)

Adopting A Trauma Lens
5 Learning Activities
Adopting a Trauma Lens provides a unique experience in addressing necessary techniques when working with individuals who experience...



Competency-Based Training

Adopting a Trauma Lens

Live Recorded Session On Trauma

▶ Video • ⌚ 51 minutes

Have you ever said...

"She has the same experiences/the same condition/the same diagnosis and she doesn't act this way."

"Everything that he has been through doesn't mean he can act like that."

"He is so oppositional/defiant/manipulative."

"I have been through worse and I turned out okay."

"He has the skills, he's just choosing not to use them."

51:07

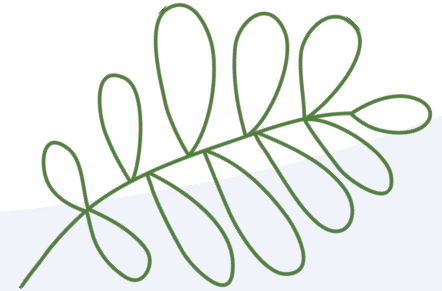
This training was hosted in April 2022 and addresses an understanding of trauma. Please watch the recording of the training.

25

Mark As Completed

Next Activity →

Remember to mark it as complete AFTER you finish the activity.





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Downloading your Record of Learning

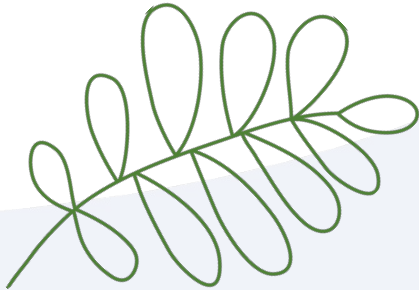


Navigating to Record of Learning

The screenshot shows the IOWA Health and Human Services website interface. At the top left is the IOWA logo. A search bar contains the text "How can we help?". Navigation links include "EN", "Notifications", and "My Account". A secondary navigation bar includes "Home", "Learning", "Community", and "Contact Your Staff Member".

The main content area is titled "My Learning Hub" and features a sidebar with "My Library" containing "In Progress (0)", "Bookmarked (0)", "Completed (6)", and "To-Do List (New)". The "Completed Content" section includes the text "Revisit all your completed learning activities and pick up where you left off." and an illustration of a beach scene with a bench, a building, and a palm tree.

A red dashed box highlights a button labeled "Tookits - Record Of Learning" with a download icon. Below this, a "Toolkit" section for "Intro To Motivational Learning" is visible, featuring an icon of a heart and a calculator, and a "Save For Later" button.



Record of Learning



Health and
Human Services



Record Of Learning

For: Test KunalP

Print/Download Date: Apr 30, 2024

#	Toolkit	Date of Completion
1	Intro to Motivational Learning	Apr 30, 2024





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Thank you!