



Health and
Human Services

Trualta Overview

itss-iowa-trualta.com

Caregiver Support Platform



Online learning & support platform for caregivers



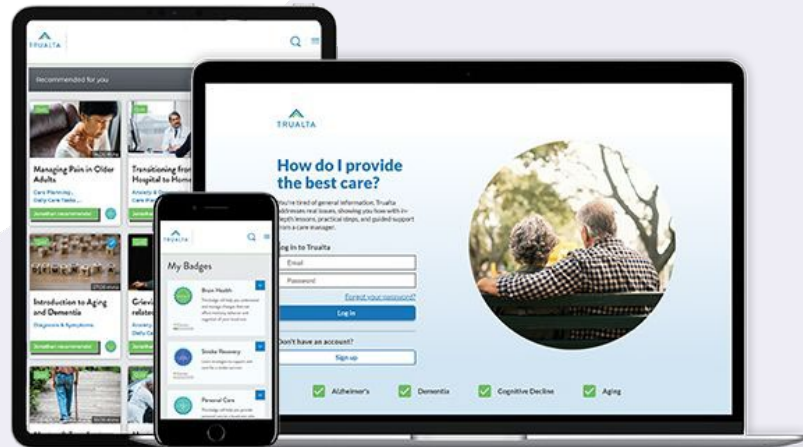
Training, resources, live events, community, & connection



Multi-model formats: read, listen, view, print



No additional cost to members or caregivers through State of Iowa HHS



84%

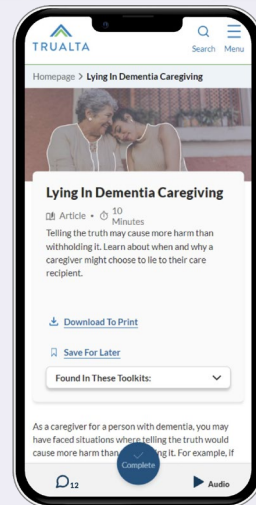
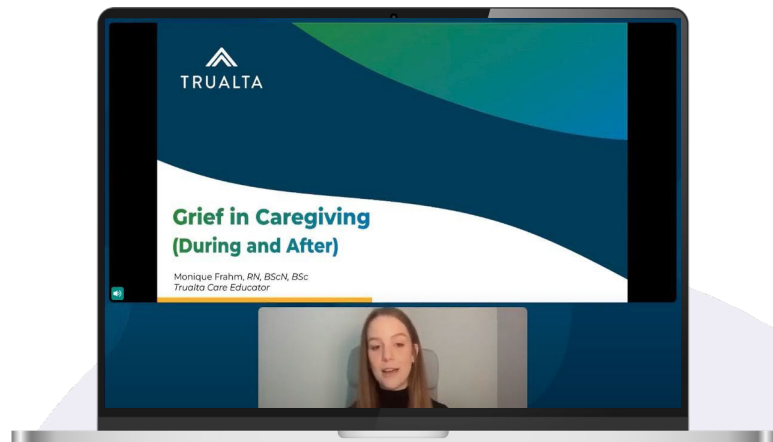
Of caregivers who use Trualta apply the skills they learn in their daily caregiving routine.



“Thank you for being a Caregiver’s Caregiver. Trualta has been very significant for me. I have used these tools to help us live a more normal life.” - Trualta user

75%

Of caregivers say Trualta has helped them keep their loved one at home longer, reducing hospital visits and placements in care facilities.



9 out of 10
caregivers would
recommend
Trualta

\$0

Trualta is provided at
NO COST to caregivers
through Iowa HHS.



***“Think of it like a caregiver’s
toolbox - whenever they
need help, they can find a
practical solution right at
their fingertips”***



**3M+ minutes of training
delivered to 2.5K+ users
since launch**



Login & Registration



IOWA
Health and Human Services

EN ▾ [Sign In](#)

Struggling With Caregiver Burnout?

Join a community of caregivers and experts who offer practical advice, compassion, and encouragement to help you provide the best care.

[Join for Free](#)

Offered at no cost through local partnerships

5

5

[Unlock account?](#)
[Help](#)

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

[ID.IOWA.GOV](https://id.iowa.gov)

Login & Registration is managed by the State of Iowa's ID provider; id.iowa.gov

Open to all residents of the State of Iowa to sign up for free.

Clicking on Sign In on the landing page will take you to the id.iowa.gov screen to complete the login or signup process

Home Page



EN ▾

🔔 Notifications

SZ Shahzad Zafar ▾

Home

Learning

Events

Support

Upcoming Events

Relax & Recharge: For The Mind (R15)

Let your busy mind finally take a break.

[Register](#)

Or [View All Events](#)

Relax & Recharge: For The Mind (R15)

Cameras Off

📅 Every Tuesday For 4 Weeks

📅 Oct 28, 2025 - Nov 18, 2025

🕒 11:00am - 11:30am EDT

🌐 Online Event

Webinar

Recommended For You Based on your selected topics

Dementia & Alzheimer's

Toolkits Collection of activities

Dementia Safety & Injury Prevention

📅 19 Activities



Toolkit

Dementia Essentials

📅 33 Activities



Toolkit

Caregiver Wellness

📅 25 Activities



Toolkit

Activities Articles, videos, checklists and more

Webinar: Lessons Learned

🕒 53 Min



Video

Webinar: Understanding Lewy Body Dementia

🕒 55 Min



Video

Webinar: Dementia Deep Dive: Managing Behaviors

🕒 57 Min



Video

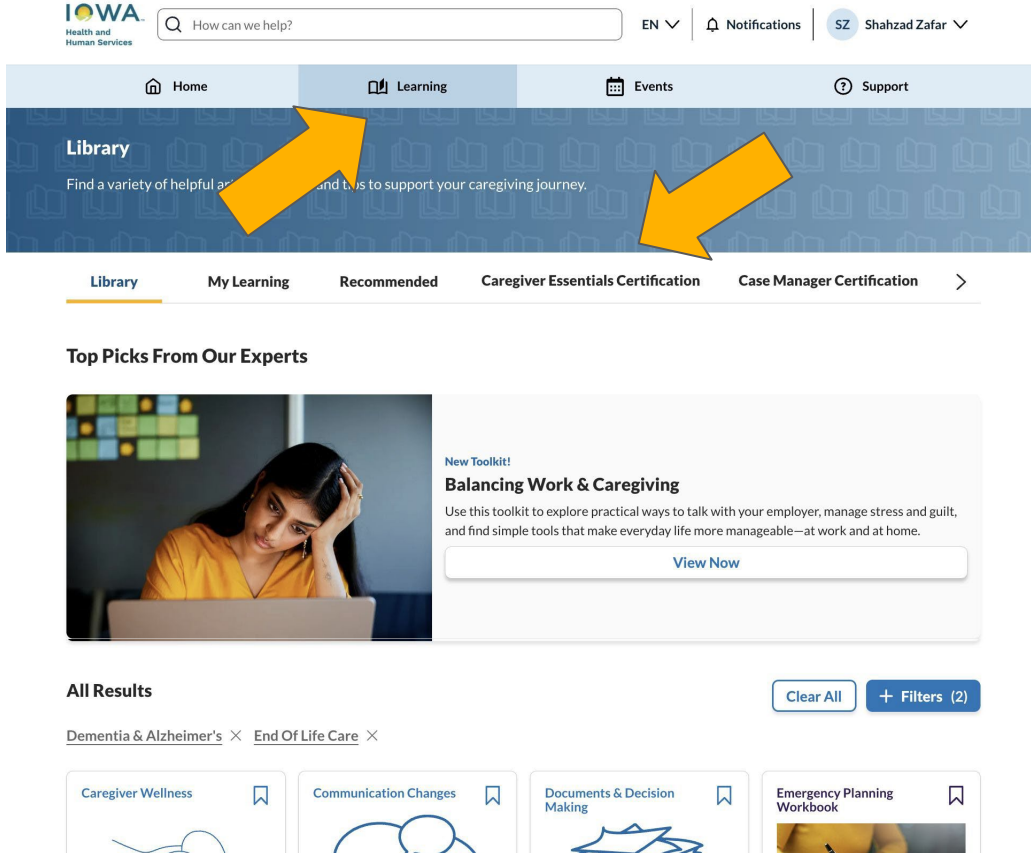
Welcome Banner

Text welcoming users to our platform and sharing how we can help them. The image in this section rotates to a new one every new session

Recommended Learning

Highlights toolkits and activities based on topics selected during onboarding

Learning Library



IOWA
Health and Human Services

Q How can we help?

EN ▾ | 🔔 Notifications | SZ Shahzad Zafar ▾

Home Learning Events Support

Library
Find a variety of helpful articles, videos, and tools to support your caregiving journey.

Library My Learning Recommended Caregiver Essentials Certification Case Manager Certification >

Top Picks From Our Experts

New Toolkit!
Balancing Work & Caregiving
Use this toolkit to explore practical ways to talk with your employer, manage stress and guilt, and find simple tools that make everyday life more manageable—at work and at home.
[View Now](#)

All Results [Clear All](#) [+ Filters \(2\)](#)

[Dementia & Alzheimer's](#) × [End Of Life Care](#) ×

Caregiver Wellness Communication Changes Documents & Decision Making Emergency Planning Workbook

Searchable Library

Extensive library of content covering competencies and conditions

Caregiver Essentials Certification

29 hours of training, followed by a test for those caregivers looking for a formal Certification

Training Library - Across the Lifespan

Peer-reviewed, evidence-based training

Key Competencies:

- Responding to Behaviors
- Initiating Activities
- Person Centered Planning
- Managing Symptoms
- Planning for the Future
- Preventing Injuries
- Navigating Healthcare Visits
- Promoting Caregiver Wellness

Top Conditions/Topics:

- Intellectual & Developmental Disabilities
- Children with Special Healthcare Needs
- Aging
- Alzheimer's & Dementia
- Diabetes
- Heart Health
- Lung Health
- Behavioral Health
- Foster Care
- Cancer Care
- Balancing Work and Caregiving

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

English & Spanish Language*

ADA Compliant targeting grade 5 reading levels

Expert-led & developed by licensed professionals

Learning Library Examples

Resource

My companion has dementia, and it changes how they think and act.

I appreciate your patience, support, and understanding.

Sincerely,



Possible Solutions To Agitation Triggers

Once you have filled out your diary, take a step back and ask yourself if there are any patterns you can see. If you do not immediately see any patterns, you can try some of these possible solutions to common triggers.

Trigger	Possible Solution
Physical Triggers	
Hunger or thirst	Offer them food or water
Physical pain	- Any prescribed pain medications should be given at the scheduled time - Look for body language and signs of physical pain
Fatigue	- Don't schedule too many activities, especially at the end of the day - Provide rest time
Need to use the bathroom	- Take them to the bathroom - Ensure you have scheduled bathroom breaks in your daily routine
Too cold or too hot	- Offer them a sweater if they are too cold - Help them take off one of their layers if

Checklist

Oral Care: Removing Dentures

▶ Video • ⌚ 3 Minutes • 🗳 Be the first to vote!

Video



Expert Teepa Snow & Amanda demonstrate the do's and don'ts of helping your care recipient remove their dentures.

4 Skills for Behavior Changes

Caregiving for a person with dementia comes with many different challenges. Sometimes it can feel like there is too much to learn. Trualta makes it easier to learn by focusing on a few core skills across different situations.

You will see these 4 skills repeated throughout the toolkit with extra tips and strategies. Which skills do you already know about? Which ones do you want to learn more about?

The Skills

Trigger Reduction

Often, difficult behaviors are your care recipient's way of trying to communicate that they have an unmet need, are overstimulated, or are uncomfortable. By identifying what they are trying to communicate to you and also what may be leading to difficult behaviors, you can develop strategies to minimize these difficult moments.

Routine Establishment

Routines can give your care recipient a sense of comfort and safety, and also help them cope with their day more effectively. When routines are unstable, your care recipient has to use their energy to deal with anxiety related to changes that they are not prepared for. This may result in unwanted behaviors or withdrawing.

Environment Set Up

Your care recipient might be triggered by things in their environment. Often, simple changes to their environment can make a big difference.

Redirecting

Redirecting your care recipient to an engaging activity can help them get into a different state of mind and reduce unwanted behaviors. Many people respond well to:

- Repetitive activities like sorting laundry or organizing items by shape, color, or size
- Relaxing activities like listening to their favorite music or walking the dog
- Purposeful activities like completing simple chores

1

4 Skills for Behavior Changes | © Trualta Inc. 2022

4 Skills For Behavior Changes

⌚ 2 min

Article

Articles



Events & Peer Support

Events

Explore webinars, support groups and other live events to learn and connect.

All Events

My Events

Past Event Recordings

Filter

Date

Anonymous Talk: Self-Love

Cameras Off



Oct 31, 2025

12:00pm - 1:00pm EDT

Online Event

Office Hours

Caregiver Class: Business Side Of Caregiving (C9)

Cameras Off



Every Friday For 3 Weeks

Oct 31, 2025 - Nov 14, 2025

1:00pm - 2:00pm EDT

Online Event

Office Hours

Caring For A Parent

Event Full



Every Friday For 3 Weeks

Oct 31, 2025 - Nov 14, 2025

3:00pm - 4:00pm EDT

Online Event

Support Group

Hosted by Trualta

Anonymous Talk: Navigating Caregiver Burnout

At My Breaking Point

Stress & Burnout

Description

Feeling exhausted, overwhelmed, or like you have nothing left to give? You're not alone.

Caring for others can be overwhelming, leaving little time or energy for yourself. This support group is a space to acknowledge the challenges of burnout, share experiences, and explore practical ways to prevent and heal from burnout.

Event Details

March 7, 2025

Friday, March 7, 2025 - 1:00pm - 2:00pm CST

Register

Peer Support Offerings

Offering	Who It's For	Anonymous (Cameras Off)
Specialty Support Groups	Caregivers who want to connect with others in similar care scenarios	
Drop-in Support Groups	Caregivers who need flexible support with no attendance requirement	
Anonymous Support Groups	Caregivers who are new or hesitant to support groups and prefer to join with cameras off	
Graduate Support Groups	Caregivers who want to continue connecting weekly with their same peer group	
Office Hours and Q&A Sessions	Caregivers who have specific questions on featured topics and want to learn from other caregiver questions	
Interest Groups: Book Club & Meditation	For caregivers who want to share experiences, recharge, and need additional social outlets	

Peer Support Group Feedback

”

“This activity was very informational when it comes to **understanding your emotions** and the different types you can feel, while also explaining **ways to cope**.”

“This was **enlightening, informative**, and a perfect pair of ladies to do this webinar!!! Keep up the fabulous work!!”

“**Would not survive without it.** Members feel like friends and make me feel like I'm not alone!”

“This event helped me realize **I am not alone** and I am trying the best I can to just be a good caregiver, not having to be perfect.”

This was my very first time participating in a support group. It was **very reassuring just to hear the challenges of others** and the things they were able to do to get through those challenges.



Outcomes

93%★

Of Trualta caregivers
have learned new skills
to provide better care

90%★

Feel more confident in
their caregiving abilities

87%★

Have improved their
ability to manage stress,
reducing burnout





TRUALTA

Register today at
ltss-iowa-trualta.com

Thank You!

Questions?

