



FOR RELEASE

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The Region IV Area Agency on Aging reminds community members about FREE caregiver resource platform Trualta in celebration of National Family Caregiver Month

St. Joseph, Mich. The Region IV Area Agency on Aging (RIV AAA), in partnership with Trualta, are honoring family caregivers for National Family Caregiver Month. Each November, the Administration for Community Living (ACL), Caregiver Action Network (CAN), Trualta, Region IV Area Agency on Aging, and caregiver advocates across the country honor National Family Caregiver Month. It is a time to honor and spotlight family caregivers across the country who provide unpaid and frequently unpredictable and under recognized care to loved ones.

This year's theme, #CaregivingHappens, is intended to recognize that caregivers are all around us, doing countless tasks to make sure their loved one(s) needs are met every day. The theme also speaks to the fact that caregivers as well as their loved ones, often have no control over when circumstances warrant that they step into the role of caregiver. The RIV AAA and Trualta recognize that #CaregivingHappens and in partnership invite caregivers to learn new skills, find resources, and connect with other caregivers.

"Caregiving may be just a few days or a few years, and while it is, quite often, a rewarding act of love it can also bring added stress and workload that may not have been planned for or expected." Shares Christine Vanlandingham, CEO of the RIV Area Agency on Aging. "It is for these reasons we have partnered with Trualta to provide a free resource to community members; you are not alone, we see and value the hours, days, weeks and years of care and partnership you give to family and friends when #CaregivingHappens."

"We recognize that #CaregivingHappens and we are proud to partner with the Region IV Area Agency on Aging to help family caregivers build skills, feel confident and keep loved ones at home longer." said Jonathan Davis, Founder and CEO, Trualta.

[Trualta](https://www.trualta.org/) is a web-based caregiver educational platform that is available at no cost for family caregivers in Berrien, Cass, and Van Buren Counties. Trualta provides professional-level training to family caregivers. The platform is available to caregivers 24/7 with access to short (less than 5 minute) lessons on a variety of topics and conditions ranging from hospital discharges to stroke recovery to caregiver wellness. For additional information about how to access Trualta, please contact the Region IV Area Agency on Aging at www.areaagencyonaging.org or 1-800-654-2810.

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About Region IV Area Agency on Aging

Region IV Area Agency on Aging is a private, not-for-profit corporation. Established in 1974 for the business of developing age supportive commerce and services, it plays a major role in planning, funding, and delivery of a host of services. Empowerment and independence of community members are driving themes behind its efforts. Designated by the State of Michigan to receive federal Older Americans Act funds for planning and development, the agency manages an array of government contracts for service delivery in southwest Michigan. Its primary service area includes Berrien, Cass, and Van Buren counties. For more information about the RIVAAA, visit www.areaagencyonaging.org