

HOW TO

Register for Tualta: A Caregiving Resource



The mission of AgeOptions is to support caregivers like you! With this in mind, we've partnered with Tualta, an online education and support platform crafted for families managing care at home. Dive into Tualta's extensive library filled with practical lessons on a variety of topics including:

- **CAREGIVER BURNOUT**
- **CARING FOR KIDS**
- **DEMENTIA & ALZHEIMER'S**
- **DIABETES**
- **END OF LIFE CARE**
- **HEART HEALTH**
- **AND MORE!**



Tualta is...

No-Cost!

Bilingual

Anonymous

Web-Based

Easy to Use

Supportive

Made for You

Community

Caregiving can be overwhelming and Googling answers can be unreliable. Ready to simplify your caregiving journey? Instructions to enroll are on the back of this flyer!

Are you...

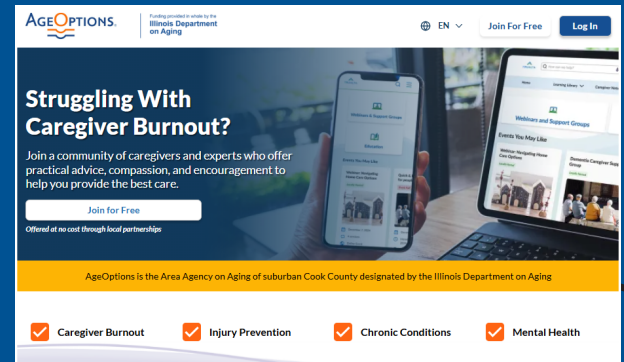
Helping a parent, sibling, friend, or spouse with daily tasks, errands, or medical needs? Taking care of your grandchild? Managing grocery shopping, handling appointments, or helping pay bills? Coordinating care from far away? **Feeling stressed? Tualta can help!**



Scan me with your camera to visit!

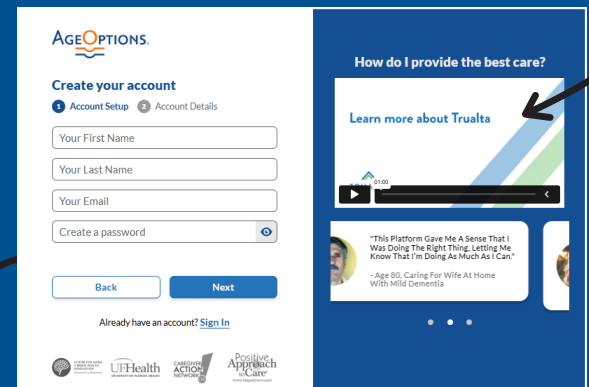
1

To get started, scan the above QR code using your phone's camera or visit ageoptions-caregivers.com. The webpage will look like the image to the right.



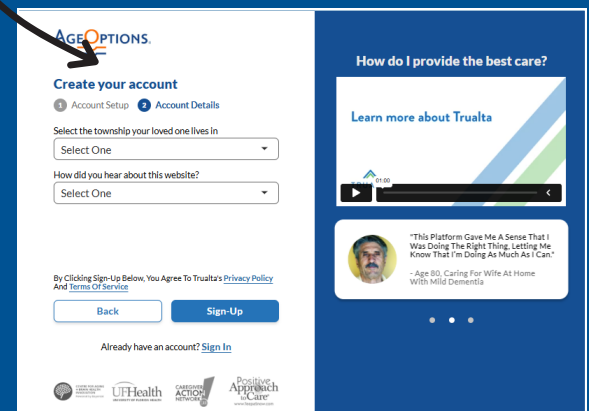
2

When you get to this page, select "Join For Free" in the top right corner of the screen. You will be asked for your first and last name, email address, and a password of your choice.



3

Enter the township your loved one lives in - it's okay if you're not sure - along with how you heard about the Tualta website. If you're using this flyer to enroll, you can select "Community Organization."



4

Next you'll be able choose the topics you're interested in exploring such as "Dementia & Alzheimer's," "Caring for Kids," or "Stroke." Then you'll select who you are caring for and where you need support. **That's it, you're enrolled!**

For assistance contact the AgeOptions Caregiver Programs Team (English/Spanish)

(708) 383-0258 | info@ageoptions.org
www.ageoptions.org/resources/tualta/