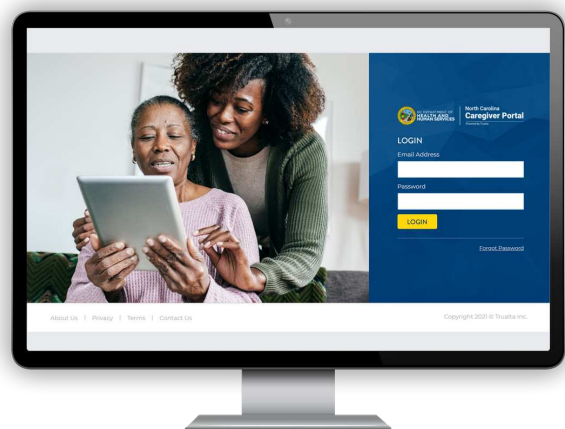


**Learn to care for
your loved ones
at your own pace.**



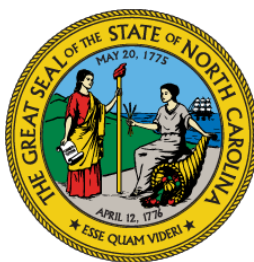
Our online learning portal designed for families. With articles, videos, tip-sheets, and professional level training, there is something for everyone. The Caregiving Portal helps family caregivers reduce stress, find local resources, and provide better care for their loved ones.



**Contact us to access the free
Caregiving Portal today!**

Name-Austin Caton
Agency Name-Kerr-Tar Agency on Aging
Email-acaton@kerrtar.org
Phone number-252-436-2040 ext. 6072

FOR MORE INFORMATION



**NC DEPARTMENT OF
HEALTH AND
HUMAN SERVICES**
Division of Aging and Adult Services



**NC DEPARTMENT OF
HEALTH AND
HUMAN SERVICES**
Division of Aging and
Adult Services

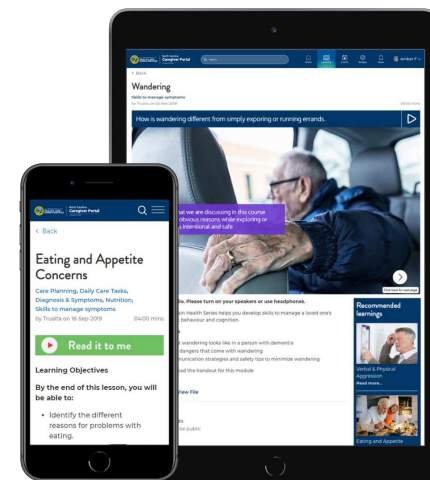
**North Carolina
Caregiver Portal**

Powered by Trualta

Caring for your loved one but
don't know where to start?

Start here.

North Carolina's new Caregiving
Portal provides the training you
need to care for your loved one,
and will help you feel prepared.



See what caregivers are saying...

“Excellent reminder of how critical using assertive techniques and asking for help is for everyone”

- Betty

from "Assert Yourself and Ask for Help!"

“This was wonderful. My husband and I danced and we had a good time singing these oldies but goodies. I will highly recommend these to anyone who’s husband or wife has Alzheimer’s.”

- Pat

from Alzheimer's Music Connect



“Teepa Snow is a jewel. Every time I listen to her I learn more and more. She is a blessing to us caregivers.”

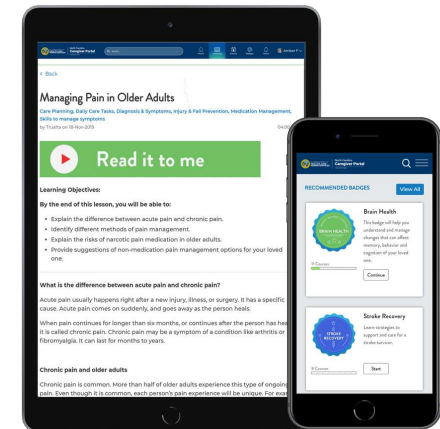
- Patricia

from "Teepa Snow: Dementia Care Provisions"

“Practical, realistic solutions to make a kitchen safer.”

- Kari

from "Kitchen Safety with Mid-Stage Dementia"



“Helpful information while we are making changes in our home. I’m sure I’ll be referring back for reminders”

- Maureen

from "What is Dementia-Friendly Interior Design?"

Contact us to access the Caregiving Portal free today!

Name

Agency Name

Email

Phone number

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Thousands of family caregivers across North America are using Trualta. Every caregiver has a custom learning journey, so you can choose the topics that interest you, and learn any time of day.

POSITIVE APPROACH, LLC techniques, strategies, and overall approach to care were created and developed by Teepa Snow, Positive Approach, LLC