

# Help for Caregivers

## Trualta

Trualta is a web-based platform which provides family caregivers with access to skills-based training, support groups, and an online community to help manage care for their loved ones.

## Powerful Tools for Caregivers

Powerful Tools for Caregivers is an educational program, grounded in evidence-based approaches, designed to help family caregivers take care of themselves while caring for a relative or friend. Topics discussed throughout the workshop include effective communication with family and health care providers, stress reduction techniques, managing feelings of guilt, anger, and depression, making tough decisions, and relaxation techniques.

## Caregiver Community Connection Webinar Series

Caring for a loved one can be both rewarding and overwhelming. The Caregiver Connection series brings caregivers—wherever they are on their journey—together with community partners and experts. Each session offers practical education, emotional support, and a live overview of caregiver services and supports across our 6-county region, with time for questions so you leave informed, connected, and supported every step of the way.



## Ready to Sign Up?

Call (833) 262-2200  
[wellnessprograms@AgeWays.org](mailto:wellnessprograms@AgeWays.org)

## About Us

AgeWays Nonprofit Senior Services supports older adults, people with disabilities, and family caregivers in southeast Michigan. As part of a national network of Area Agencies on Aging, we serve Livingston, Macomb, Monroe, Oakland, St. Clair, and Washtenaw counties. Our goal is to help individuals live independently and with dignity, offering direct care programs and supporting community partners.

Workshops are made available in whole or part with funding from the Federal Older Americans Act and Michigan Department of Health and Human Services/Bureau of Aging, Community Living, and Supports through AgeWays Nonprofit Senior Services.

Area Agency on Aging 1-B



**AgeWays**  
Nonprofit Senior Services



## Health, Wellness, and Caregiver Education



800-852-7795



[AgeWays.org](http://AgeWays.org)

The Area Agency on Aging 1-B  
is now AgeWays!

Area Agency on Aging 1-B  
**AgeWays**  
Nonprofit Senior Services

# Health & Wellness Classes

## A Matter of Balance: Managing Concerns about Falls - 8 Weeks

These workshops, rooted in evidence-based practices, aim to reduce the fear of falling and increase physical activity among older adults. Topics discussed throughout the workshop include assertiveness, recognizing fall-prone habits, identifying fall hazards in the home and environment, confidence building, and balance exercises.

## Eat Smart, Move More, Weigh Less - 15 Weeks

Eat Smart, Move More, Weigh Less is an online weight management program incorporating evidence-based strategies proven effective for weight loss and maintenance. Each lesson informs, empowers, and motivates participants to live mindfully as they make choices about eating and physical activity.

## Bingocize- 10 Weeks

This program combines exercise and health information with the familiar game of Bingo, which is a great and fun way to get older adults and those with disabilities moving and socializing. The program meets twice a week on nonconsecutive days.



## Dementia Support

### Dementia Live - 1 Hour

Dementia Live is a dementia simulation experience that immerses participants into life with dementia, resulting in a deeper understanding of what it's like to live with cognitive impairment and sensory change.



## About Our Health, Wellness, and Caregiver Education

AgeWays Nonprofit Senior Services offers programs designed for older adults and their family members or caregivers. Led by individuals like you, these programs are conducted both virtually via Zoom and at community venues across southeast Michigan. While classes are free, donations to AgeWays Nonprofit Senior Services are welcomed. Pre-registration is required.