



Community Bundle

The Caregiver Isolation Challenge

Those caring for others at home often face isolation, burnout, and loneliness. This can stem from lack of time for self-care, stress over loved ones, limited support resources, and feeling misunderstood. Caregivers deserve to know **they're not alone**.

Addressing Caregiver Needs

Trualta's Community Bundle offers caregivers supportive events to bridge the gap between solitude and assistance. They can:



Feel safe and supported to share how they really feel



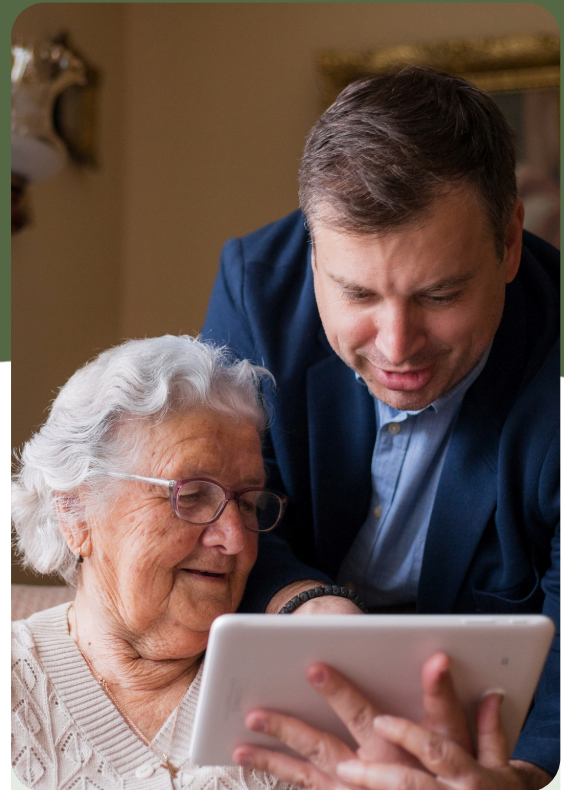
Hear stories from caregivers with similar experiences



Appreciate and celebrate their caregiving efforts



Conveniently connect with others online on any device



The Impact of Community

94% reported feeling less isolated

After a 4-week support group, on average caregivers reported:

40% increase in confidence

45% increase in social support



A Lifeline For Caregivers

“Being transparent, I am in a bit in of shock over how much that **improved my outlook on the day ahead.** This group hit the spot.”

“I’m kind of a private person, but this is a very lonely job. I’m feeling really isolated... so I thought I’d give it a try. I found that **these are people in my same situation pretty much and they understand.** So I find myself looking forward to the groups. It feels like it fills a gap.”



Something for Every Caregiver

Get the support you need in the comfort of your own space.

Support Groups

Specialty Support Groups

Targeted content for unique care

Drop-in Support Groups

Flexible options for busy caregivers

Anonymous Support Groups

Low-pressure high-impact support

Graduate Support Groups

Continuous peer support

Office Hours and Q&A Sessions

Personalized support combined with peer learning

Additional Offerings

Webinars

Expert tips on key caregiving topics

Care Coaching

Live, personalized, one on one support

Caregiver Education

Caregiver Training Library

Robust education for confident care on:

- Stress and burnout
- Chronic illness
- Personal care
- Mental health
- Caring for kids
- Meaningful activities
- Dementia care
- Fall prevention
- Hospital discharge
- Legal documents
- Grief and loss
- Heart and lung health



Get access to FREE online educational resources to help caregivers like you!

WACaregivingJourney.com