



FREDERICK COUNTY GOVERNMENT
DIVISION OF AGING & INDEPENDENCE

Jessica Fitzwater
County Executive

Carolyn B. True, Director

News Release

FOR IMMEDIATE RELEASE:
MARCH 20, 2025

CONTACT: [Katie Triplett](#)
Communications Manager, 301-712-5257

Frederick County Division of Aging and Independence Partners with Trualta to Enhance Caregiver Support

New Online Platform Offers Resources and Community for Caregivers

FREDERICK, Md. – The Frederick County Division of Aging and Independence is excited to announce a new partnership with Trualta, an online education and support platform designed to assist caregivers in managing the care of their family members.

Trualta offers a comprehensive range of on-demand learning modules covering essential topics such as personal care techniques, managing dementia symptoms, home safety and fall prevention, and tips for reducing caregiver stress. The platform also features live webinars and interactive support groups led by experts, providing caregivers with valuable insights and guidance.

In addition to educational resources, Trualta fosters a supportive online community where caregivers can connect with other caregivers, share experiences, and find support. The site includes printable guides and checklists for day-to-day care needs, making it a practical tool for caregivers of individuals of all ages, including parents, grandparents, children, and other care recipients with various needs such as disabilities, chronic illnesses, or other health conditions.

Trualta's personalized learning paths allow caregivers to choose topics most relevant to their caregiving journey. The platform is user-friendly, with tutorials and live support to help caregivers get started. Accessible from any internet-connected device, including laptops, tablets, and mobile phones, Trualta's resources are available at any time and are consistently updated to provide the latest insights and best practices.

This valuable resource is 100% free to Frederick County residents or caregivers caring for someone who lives in Frederick County. For more information, visit dai.trualta.com, or contact the Frederick County Division of Aging and Independence at 301-600-1234 or via [email](#).

###

Frederick County, Maryland does not discriminate on the basis of race, color, religion, national origin, sex, age, marital status, disability, familial status, gender identity, sexual orientation, or source of income.