

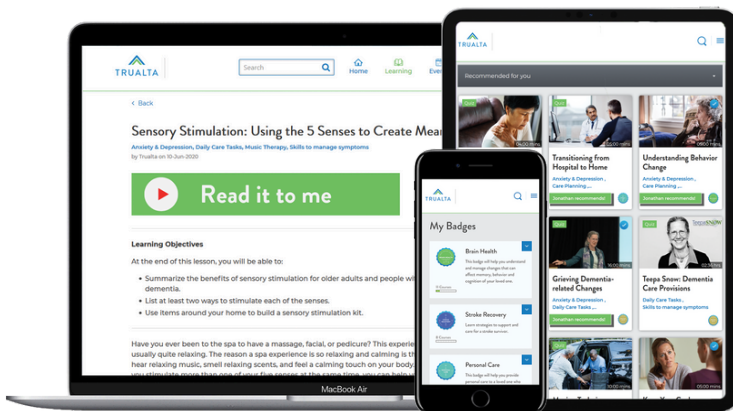


NC DEPARTMENT OF
**HEALTH AND
HUMAN SERVICES**
Division of Aging and
Adult Services

North Carolina Caregiver Portal

Powered by Trualta

North Carolina's new online Caregiver Portal is designed for families. Articles, videos, tip-sheets, and professional level training offers something for everyone. Our learning portal helps family caregivers reduce stress, find local resources, and provide better care for their loved ones.



“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?"

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



Scan Here

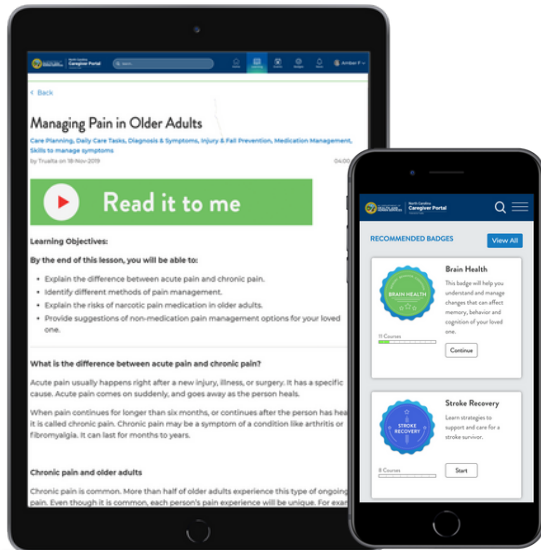
Sign Up For FREE Today At:
<https://nc-caregivers.com/login>



For further information and questions contact:

Eastern Carolina Council
Area Agency on Aging
252-638-3185, ext. 3011

See what caregivers are saying...



“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.”

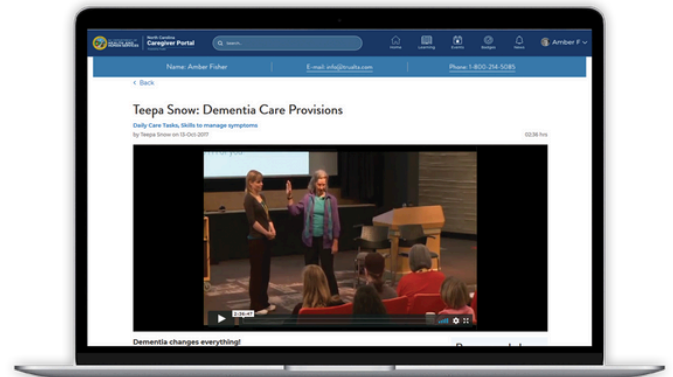
- Kari

from "Kitchen Safety with Mid-Stage Dementia"

“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 whose husband or wife has Alzheimer’s.”

- Pat

from "Alzheimer's Music Connect"



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

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

- Betty

from "Assert Yourself and Ask for Help!"



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