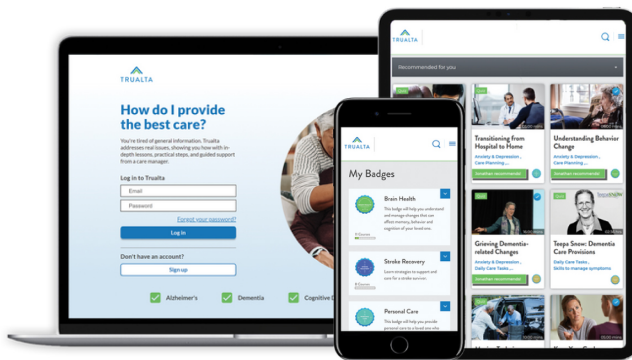




## Access free training and resources to help you build skills and confidence to provide care at home.

Trualta is an online platform designed to help families build skills to manage care at home for their aging loved ones. Improve confidence, reduce stress and prevent burnout by learning care skills. Once you are registered, you have unlimited access to their articles and tips about caring for your loved one.



***"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"

Trualta is really easy to use. All you will need to start is a computer, tablet, or smartphone. With lessons ranging from 5 minutes to 2 hours, Trualta makes it easy for you to fit caregiver training in whenever it works for you.



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## QUICK QUIZ

*It is important to wash hands with soap and water before and after physical contact with the person in your care. Answer True or False to the questions below.*

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1. The scientific basis of universal precautions is that individuals should treat any blood or bodily fluid as though it contains an infectious agent. T F
2. Keeping hands clean is the first line of defense for keeping infection-causing germs from reaching your mouth, nose, or eyes, where they can make you sick. T F
3. Hand washing is the single most important way to prevent the spread of infectious diseases. T F
4. If you or the person in your care is bitten by a dog or cat, take care of the wounds properly, as even minor bites can cause infection. T F
5. Dry, cracked skin is at greater risk for all kinds of infections, so apply a little moisturizer after you wash. T F
6. The most effective way of reducing hand-borne bacteria is to dry thoroughly washed hands on a clean towel or paper towel. T F
7. Depressed people tend to crave sweets, and this increases the chances for tooth decay. In addition, stress can cause clenching and grinding of teeth, which can wear down enamel. T F
8. Hand sanitizer gels can be used to kill germs, but they should not always replace hand washing. T F
9. Hand washing is not an issue in dementia care. T F
10. Running water can be scary for a person with Alzheimer's. T F

**KEY:** 1. T 2. T 3. T 4. T 5. T 6. T 7. T 8. T 9. F 10. T