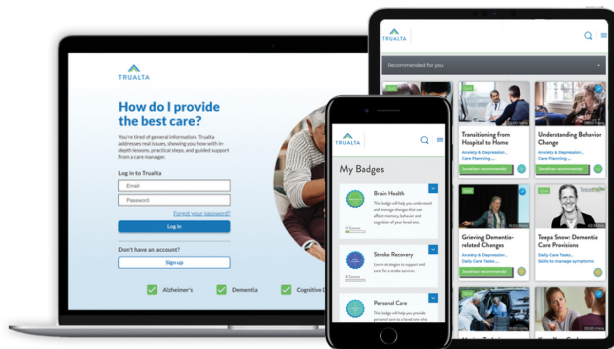




Access free training and resources to help you build skills and confidence to provide care at home.

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.



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- Pat from "Alzheimer's Music Connect"

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QUICK QUIZ

Caregiver Assistance Newsletter - April 2023

Before hostility builds to the breaking point, anger and frustration must be addressed and healthy outlets found as a way to let off steam. If they are not, angry situations can become physically or emotionally abusive. Answer True or False to the questions below.

- 1) *“Consequence” includes events that happen after the behavior. T F*
- 2) *A person with Alzheimer’s disease may sometimes act in ways that are upsetting or seem aggressive. T F*
- 3) *These aggressive actions can be upsetting and are often hard for caregivers to manage. It helps to have a plan for how to deal with them. T F*
- 4) *People with Alzheimer’s or dementia always hit, scratch, or fight with the caregiver. T F*
- 5) *“Antecedent” means what happened just before an upsetting action. T F*
- 6) *Problems can get started when a caregiver rushes and does not think of how the person with Alzheimer’s will react. A person with Alzheimer’s cannot be rushed. T F*
- 7) *It is important to try to understand why the person may be behaving in ways you find difficult and learn how to avoid making them worse. T F*
- 8) *Neglect is defined as providing inadequate food, water, clothing, shelter, or help with personal hygiene and health care. T F*
- 9) *What seems like violent behavior may be the way this person is responding to changes in their brain or to events that they do not understand and interpret as dangerous in some way. T F*
- 10) *Don’t try to restrain the person as this could cause serious injury to both of you. T F*

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