

Lessons are available online through video, audio, printable pages, tip sheets, and interactive e-learning!

### PERSONAL CARE

Denture Care Tips  
Helping with Daily Tasks Around the Home  
Managing Medication at Home  
Managing Pain in Older Adults  
Oral Care  
Shaving  
Showering  
Skin Care  
Toileting and Incontinence

### SAFETY AND INJURY PREVENTION

Aging and Nutrition  
Home Safety: Fall Hazards  
Home Safety: Dementia and Injury Prevention  
Dementia-Friendly Interior Design  
Elder Abuse  
Falls Prevention at Home  
Financial Safety: Avoiding Scams  
Moving and Transferring  
Moving Techniques  
Power of Attorney  
Pressure Injuries  
Reducing Medication Risks  
Safety Tips when Caring  
Transferring from a Bed to a Chair  
Urinary Tract Infections: A Guide for Families

### GRANDPARENTS RAISING GRANDCHILDREN

Creating a Stable Routine  
Screen Time  
Trauma-informed Care

### DEMENTIA EXPERT

Care Chat: Driving and Dementia  
Challenging Situations in the Home  
Teepa Snow: Become a Better Detective  
Teepa Snow: Dementia Care Provisions  
Teepa Snow: PAC Skills Make a Difference

### BRAIN HEALTH

Agitation and Anxiety  
Asking the Right Questions  
Communication and Dementia  
Delirium, Depression, and Apathy  
Delirium: Signs and Symptoms  
Dementia and Assisting with Dressing  
Dementia Knowledge  
Eating and Appetite Concerns  
Hallucinations and Brain Changes  
Hoarding and Hiding  
Keeping Hands and Minds Busy: Baskets and Other Rummaging Inspiration  
Living with a Purpose: Involving Your Loved One in Daily Tasks  
Palliative and Hospice Care  
Sensory Stimulation: Using the 5 Senses to Create Meaningful Moments  
Sexuality and Dementia  
Sleep and Dementia  
Surgery: Cognitive and Memory Changes  
Transitioning from Hospital to Home  
Understanding Behavior Change  
Verbal and Physical Aggression  
Wandering

### CAREGIVER WELLNESS

Asserting Yourself and Ask for Help!  
Balancing Work and Caregiving  
Caregiver Anger and Frustration  
Caregiver Guilt  
Effective Self-Care  
Energy Conservation  
Good Morning Stretches  
Outdoor Activities to Enjoy Together  
Reframing Negative Thoughts  
Relax and Unwind Together  
Temporary Relief for the Family Caregiver

### MUSIC THERAPY BY ALZHEIMER'S MUSIC CONNECT



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*Try to follow the person's usual grooming routine as much as possible from day to day. If the person is able to do these tasks on their own, simply observe and make sure that the tasks are being done. These activities help provide a predictable structure for the day. Answer True or False to the questions below.*

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- 1) *Bathing is often called the most challenging activity for both the person with dementia and the caregiver. T F*
- 2) *Spouse caregivers have special problems as they gradually lose the emotional support of the partner who is ill and must now be his or her emotional as well as physical support. T F*
- 3) *If the person wants to wear something you don't like, try to accept their choice, unless it is totally inappropriate. T F*
- 4) *People with Alzheimer's disease will never undress at inappropriate times. T F*
- 5) *In helping a person with Alzheimer's disease to select and put on clothing, be mindful of the choices they used to make, and try to honor that taste and style. T F*
- 6) *You will continually have to evaluate the benefits and risks for the person in your care and the people around them. T F*
- 7) *Don't assume that the reason the person in your care doesn't recognize others is due to Alzheimer's without having their vision checked. T F*
- 8) *Respect the person's dignity by allowing the person to keep a towel around him or her both in and out of the shower. T F*
- 9) *It may be best to have a frail person or someone with poor balance or a disability sit down when you help dress them. T F*
- 10) *People with dementia never want to wear the same outfit all the time. T F*

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