

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



Trualta is continually adding content!

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QUICK QUIZ

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Break the activity down into simple steps. Choose an activity that can be completed in a relatively short time. The process of the activity is more important than the product. Answer True or False to the questions below.

- 1. A person with AD should have regular eye examinations because poor vision can contribute to confusion. T F*
- 2. To help maintain self-esteem, it is important to help the person with AD continue to engage in activities and participate in family and community life. T F*
- 3. Activities should make the best use of a person's remaining strengths and skills. T F*
- 4. Often when there is no activity a person can do, touch can become an important part of communication. T F*
- 5. Some people with AD get very upset watching violence on TV because they think it is real. T F*
- 6. Meaningful activities can also reduce the risk of agitation or upsetting behaviors. T F*
- 7. In time, the person will become familiar with the routine you have set up and will feel reassured by knowing what to expect. T F*
- 8. Memory of song lyrics does not remain longer than the ability to carry a conversation. T F*
- 9. An activity doesn't have to be something out of the ordinary and even activities of daily life (ADLs) can become an opportunity to use senses or tell a story. T F*
- 10. Burnout may explain your loss of interest in activities you used to enjoy, your run-down condition, feelings of hopelessness and helplessness, and even wanting to hurt yourself or the person in your care. T F*

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