

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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*Some medicines make incontinence worse. Aging, dementia, diabetes, stroke, high blood pressure, obesity and smoking are also linked. Answer True or False to the questions below.*

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- 1) *A portable commode is not helpful for a person with limited mobility. T F*
- 2) *Because a person may not recognize the need to use the toilet, "suggestions" to go to the bathroom can be very helpful, e.g., a reminder after a meal. T F*
- 3) *Marking a path to the bathroom can be done with something simple, such as reflecting tape. T F*
- 4) *Sometimes people are reluctant to get out of bed because it is a great effort, they fear hurting the person helping them or fear falling. T F*
- 5) *A regular toileting schedule and reading the signals when the person needs to go to the toilet may help the person to continue to use the toilet for a longer time. T F*
- 6) *Keeping a diary of eating and drinking habits, symptoms, and digestive issues can help narrow down possible causes of fecal incontinence. T F*
- 7) *Incontinence usually begins in the late part of the middle stage of Alzheimer's. T F*
- 8) *If the mobile person is missing the toilet, get a toilet seat in a color that is different from the floor color. This may help them see the toilet better. T F*
- 9) *There could not be a physical cause of incontinence. T F*
- 10) *Fecal incontinence (FI) is an inability to control bowel movements, which may result in stool leaking. T F*

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