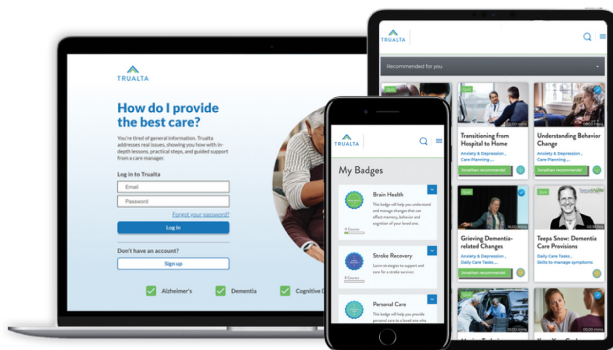


Access free training and resources to help you build skills and confidence to provide care at home.

Tualta 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"

Tualta 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, Tualta makes it easy for you to fit caregiver training in whenever it works for you.



Register Today!

aaa7.tualta.com

For more information:

1-800-582-7277 or

caregiver@aaa7.org

QUICK QUIZ

Caregiver Assistance Newsletter - July 2024

Data from the CDC shows extreme heat is the deadliest natural disaster in the US - 1,714 deaths in 2022 - more people than from hurricanes, lightning, tornadoes, earthquakes, and floods combined. Answer True or False to the questions below.

1. One cause of injury during heat waves is people fainting when they stand up because their blood pressure is too low. T F
2. A severely dehydrated body no longer has enough fluid to get blood to vital organs.
T F
3. Heat is the leading cause of weather-related deaths in the United States. T F
4. Heat exhaustion sets in when you have a high internal temperature, generally between 101 and 103 degrees, and usually in combination with dehydration. T F
5. The characteristic of heat stroke is confusion and delirium as the brain becomes over heated and starved of oxygen. T F
6. Dehydration occurs when you use or lose more fluid than you take in, and your body doesn't have enough water and other fluids to carry out its normal functions. T F
7. Older adults always feel thirsty. T F
8. A person's fluid balance can be affected by medication, emotional stress, exercise, nourishment, general health, and weather. T F
9. You can usually reverse mild to moderate dehydration by drinking more fluids, but severe dehydration needs immediate medical treatment. T F
10. To help ensure the person in your care is hydrated, offer a glass of water, but stay with the person to make sure they are actually drinking it. T F

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