



## Access free training & resources to help you build skills & 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.

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



Get access to FREE online educational resources to help caregivers like you!

Visit [aaa7.trualta.com](http://aaa7.trualta.com)



**Contact us to learn more about Trualta today!**

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**[aaa7.trualta.com](http://aaa7.trualta.com)**

## QUICK QUIZ

## Caregiver Assistance Newsletter - April 2025

*As the caregiver, you should seek training from a physical therapist in order to reduce the risk of injury to yourself or the person in your care. Answer True or False to the questions below.*

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- 1. Always let the person you are helping know what you are going to do.    T    F*
- 2. Obesity is one of the biggest risk factors for developing back pain and arthritis because it speeds the destruction of joint-cushioning cartilage.    T    F*
- 3. Most muscle strain injuries to both the caregiver and care receiver are preventable if you follow some simple rules.    T    F*
- 4. If the person in your care does not move often, they may become lightheaded with a change in position.    T    F*
- 5. Keep your spine in a neutral (normal arched, not stiff) position while lifting.    T    F*
- 6. Have the person PUSH off rails, chair arms, etc. (No pulling).    T    F*
- 7. If, during a transfer, you start to “lose” the person, lower them slowly to the floor.    T    F*
- 8. Never use ice on a sore back muscle.    T    F*
- 9. Body mechanics involves standing and moving in ways that prevent injury, avoid fatigue, and make the best use of strength.    T    F*
- 10. Use your back muscles to do most of the work.    T    F*

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