



## 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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## QUICK QUIZ

## Caregiver Assistance Newsletter - August 2024

*Standard or Universal Precautions are practices designed to reduce the spread of disease. They protect you, the caregiver, from bacteria or viruses carried by the person in your care, and they protect the person in your care from any germs you may be carrying. Answer True or False to the questions below.*

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1. Dangerous organisms, such as Salmonella, could be multiplying in the vacuum cleaner bag, waiting to be released into the air every time you vacuum. T F
2. Never shake soiled linens because germs may contaminate the floor and be spread throughout the house on the soles of shoes. T F
3. To prevent cross-contamination, use a different implement (broom, mop, sponges) for each cleaning task in the kitchen and bathroom. T F
4. Use separate cutting boards: one for vegetables and fruits, and one exclusively for meats. T F
5. Bath towels harbor bacteria if they're folded and left in a damp bathroom. T F
6. Washing hands is important even if you're wearing gloves. Be sure to wash your hands before and after using gloves to prevent the spread of germs. T F
7. Lather your hands by rubbing them together with the soap and lather the backs of your hands, between your fingers, and under your nails. T F
8. If you care for seniors or other immuno-compromised people you may need to shower daily. T F
9. Strong running water is not scary for a person with Alzheimer's. T F
10. Clean and disinfect the garbage can weekly and use anti-bacterial bags. T F

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