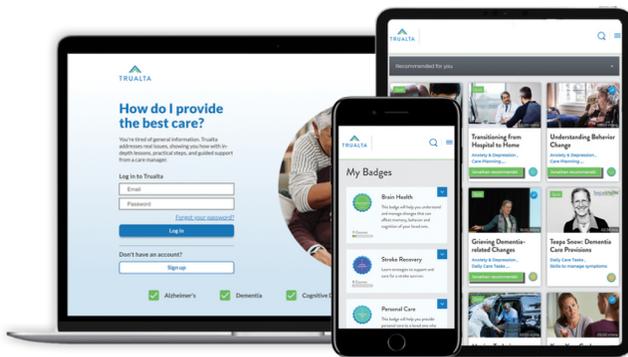


## Access free training and resources to help you build skills and confidence to provide care at home.

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.



***"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"

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.



**Register Today!**

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

For more information:

1-800-582-7277 or  
[caregiver@aaa7.org](mailto:caregiver@aaa7.org)

## QUICK QUIZ

*Problem behaviors often happen because of trouble communicating. The person in your care may not understand what you are saying or what you want them to do. Answer True or False to the questions below.*

---

- 1. Sometimes, combative behavior is a symptom of a deeper issue such as a person may refuse to be bathed because they are feeling modest. T F*
- 2. Too many activities at once can provoke a negative reaction because the person feels overwhelmed. T F*
- 3. There is never a physical reason for the person's upset, such as pain, constipation, infection, depression, or anxiety. T F*
- 4. You will appear less confrontational to the person who is agitated by standing to the side of them or at eye level rather than towering over them. T F*
- 5. At some point in the course of the disease, people with Alzheimer's will become physically aggressive. T F*
- 6. Do not contradict their reality. If the person believes something to be true, do not disagree, unless it poses a physical threat. T F*
- 7. You don't have to be genuinely happy to reap the physical and psychological benefits of laughter. T F*
- 8. If the person with AD becomes violent, do not try to restrain them. This could cause serious injury to both of you. Get out of striking distance. Step away so that they cannot reach you. T F*
- 9. Avoid creating a situation in which the person feels threatened because this can make them more upset. T F*
- 10. A noisy TV will help distract a person with Alzheimer's. T F*

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