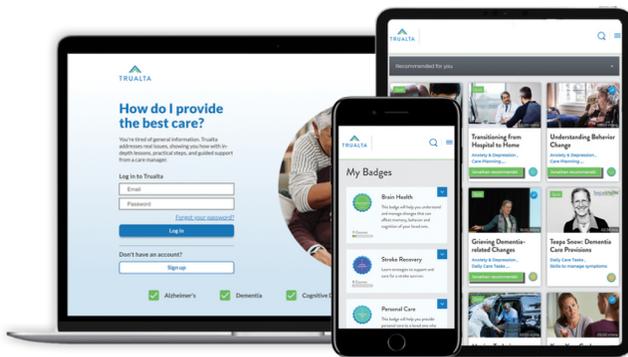


Access free training and resources to help you build skills and confidence to provide care at home.

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.



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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.



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Even falls without a major injury can cause an older adult to become fearful or depressed, making it difficult for them to stay active. Answer True or False to the questions below.

1. High blood pressure is referred to as “the silent killer” because it usually has no specific symptoms and no early warning signs. T F
2. High blood pressure affects many older people, whose bones tend to be weaker, and for whom a fall injury—such as a broken bone—can have serious health consequences. T F
3. You, or the person in your care, should NEVER change medications without the doctor’s advice. T F
4. Fainting is never caused by dehydration or standing up quickly. T F
5. Dizziness can mean different things—balance problems, feeling faint, light-headed, weak, or unsteady. T F
6. Water therapy is a safe way for a person with a disability to exercise because there is no danger of falling. T F
7. Regular exercise, as well as regular eye and physical exams, may help reduce the risk of falling. T F
8. It is not important for seniors to have their blood pressure checked regularly. T F
9. An unhappy marriage can cause stress, which can be harmful to cardiovascular health. T F
10. Falls are serious at any age, but especially for older people who are more likely to break a bone when they fall. T F

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