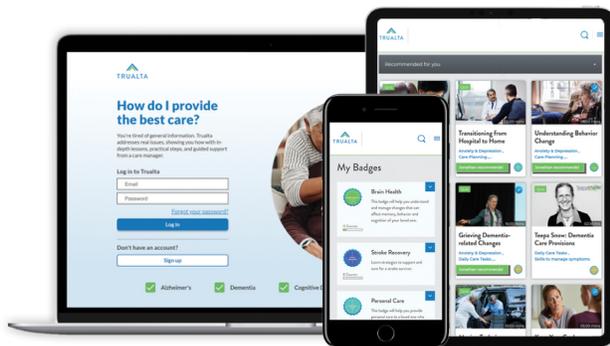




## Access free training and resources to help you build skills and confidence to provide care at home.

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)

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[caregiver@aaa7.org](mailto:caregiver@aaa7.org)

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## QUICK QUIZ

## Caregiver Assistance Newsletter - January 2023

*When caring for someone with Alzheimer's (AD) at home, you are providing a chance for that person to remain in a familiar, comfortable environment where they can use their strengths and be encouraged to be as independent as possible for as long as possible. Answer True or False to the questions below.*

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1. *Alzheimer's disease symptoms get worse as time goes on. T F*
2. *It is difficult for a person with AD to adjust to changes in the environment. T F*
3. *As much as possible, the color of furniture, toilet seats, counters, etc., should be different from the floor color. T F*
4. *A safe, comfortable home can help a person with Alzheimer's feel more relaxed and less overwhelmed. T F*
5. *Once the person in your care has gotten used to where the furniture is, do not change it. T F*
6. *It is not necessary to remove power tools because older adults do not know how to operate them. T F*
7. *Glare from windows or tables does not upset or confuse the person with AD. T F*
8. *To improve the person's mood and help with memory recall, keep items displayed or paintings from former cherished activities. T F*
9. *As a caregiver, expect to feel frustrations from the person's inability to follow instructions and perform daily tasks, constant repetition of the same phrases or stories, rage, withdrawal, or use of profanity. T F*
10. *Make sure furniture will not move if it is leaned on. T F*

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