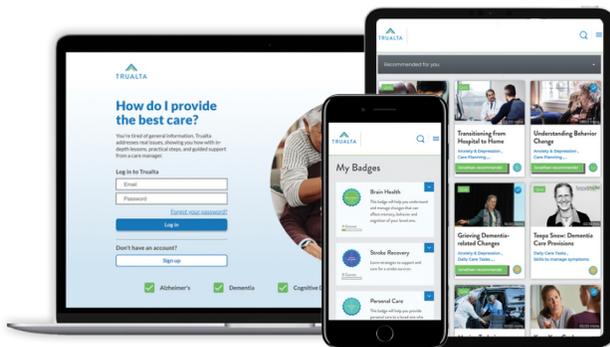




Access free training and resources to help you build skills and confidence to provide care at home.

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.



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1-800-582-7277 or
caregiver@aaa7.org

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Wandering is a common behavioral aspect of Alzheimer's (AD). It is important to know how to respond to a person who wanders. Answer True or False to the questions below.

1. *Some people with AD will turn around when they see their image in a mirror, not recognizing themselves. T F*
2. *Reducing noise and confusion, particularly at mealtimes, will not reduce the chance of wandering. T F*
3. *You cannot always prevent wandering, but you can do many things to reduce the chances it will happen. T F*
4. *One of the most troubling aspects of Alzheimer's is the person's tendency to wander away from home. T F*
5. *Find out how the person with AD coped with change and stress and learn about patterns of physical exercise and lifetime habits, both at home and at work. T F*
6. *It will not make it any easier to find the missing person if you have saved unwashed clothing. T F*
7. *If you can't prevent the person in your care from wandering, there are things to do that will make it easier for them to be found. T F*
8. *Poetry can be powerful therapy for people with dementia as well as relaxing for the caregiver. T F*
9. *Wandering may also be a natural release for boredom or agitation. T F*
10. *If you are an authorized caregiver or a family member, you can register the person in your care with the Alzheimer's Association's Safe Return Program. T F*

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