

Lessons are available online through video, audio, printable pages, tip sheets, and interactive e-learning!

PERSONAL CARE

Denture Care Tips
Helping with Daily Tasks Around the Home
Managing Medication at Home
Managing Pain in Older Adults
Oral Care
Shaving
Showering
Skin Care
Toileting and Incontinence

SAFETY AND INJURY PREVENTION

Aging and Nutrition
Home Safety: Fall Hazards
Home Safety: Dementia and Injury Prevention
Dementia-Friendly Interior Design
Elder Abuse
Falls Prevention at Home
Financial Safety: Avoiding Scams
Moving and Transferring
Moving Techniques
Power of Attorney
Pressure Injuries
Reducing Medication Risks
Safety Tips when Caring
Transferring from a Bed to a Chair
Urinary Tract Infections: A Guide for Families

GRANDPARENTS RAISING GRANDCHILDREN

Creating a Stable Routine
Screen Time
Trauma-informed Care

DEMENTIA EXPERT

Care Chat: Driving and Dementia
Challenging Situations in the Home
Teepa Snow: Become a Better Detective
Teepa Snow: Dementia Care Provisions
Teepa Snow: PAC Skills Make a Difference

BRAIN HEALTH

Agitation and Anxiety
Asking the Right Questions
Communication and Dementia
Delirium, Depression, and Apathy
Delirium: Signs and Symptoms
Dementia and Assisting with Dressing
Dementia Knowledge
Eating and Appetite Concerns
Hallucinations and Brain Changes
Hoarding and Hiding
Keeping Hands and Minds Busy: Baskets and Other Rummaging Inspiration
Living with a Purpose: Involving Your Loved One in Daily Tasks
Palliative and Hospice Care
Sensory Stimulation: Using the 5 Senses to Create Meaningful Moments
Sexuality and Dementia
Sleep and Dementia
Surgery: Cognitive and Memory Changes
Transitioning from Hospital to Home
Understanding Behavior Change
Verbal and Physical Aggression
Wandering

CAREGIVER WELLNESS

Asserting Yourself and Ask for Help!
Balancing Work and Caregiving
Caregiver Anger and Frustration
Caregiver Guilt
Effective Self-Care
Energy Conservation
Good Morning Stretches
Outdoor Activities to Enjoy Together
Reframing Negative Thoughts
Relax and Unwind Together
Temporary Relief for the Family Caregiver

MUSIC THERAPY BY ALZHEIMER'S MUSIC CONNECT



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Some medicines make incontinence worse. Aging, dementia, diabetes, stroke, high blood pressure, obesity and smoking are also linked. Answer True or False to the questions below.

- 1) *A portable commode is not helpful for a person with limited mobility. T F*
- 2) *Because a person may not recognize the need to use the toilet, "suggestions" to go to the bathroom can be very helpful, e.g., a reminder after a meal. T F*
- 3) *Marking a path to the bathroom can be done with something simple, such as reflecting tape. T F*
- 4) *Sometimes people are reluctant to get out of bed because it is a great effort, they fear hurting the person helping them or fear falling. T F*
- 5) *A regular toileting schedule and reading the signals when the person needs to go to the toilet may help the person to continue to use the toilet for a longer time. T F*
- 6) *Keeping a diary of eating and drinking habits, symptoms, and digestive issues can help narrow down possible causes of fecal incontinence. T F*
- 7) *Incontinence usually begins in the late part of the middle stage of Alzheimer's. T F*
- 8) *If the mobile person is missing the toilet, get a toilet seat in a color that is different from the floor color. This may help them see the toilet better. T F*
- 9) *There could not be a physical cause of incontinence. T F*
- 10) *Fecal incontinence (FI) is an inability to control bowel movements, which may result in stool leaking. T F*

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