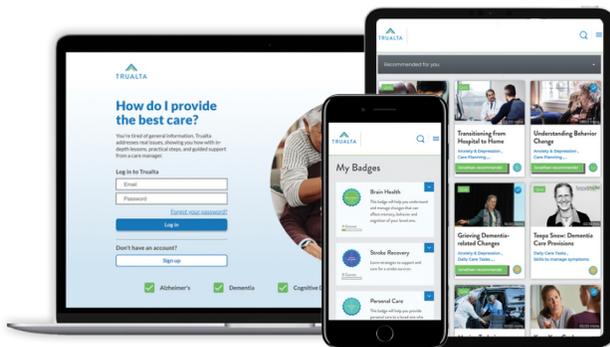




## Access free training and resources to help you build skills and confidence to provide care at home.

Tualta 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"

Tualta 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, Tualta makes it easy for you to fit caregiver training in whenever it works for you.



**Register Today!**

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

For more information:

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

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## QUICK QUIZ

Caregiver Assistance Newsletter - October 2023

*More than 50% of home fire deaths occur between 10:00 PM and 6:00 AM when most people are sleeping. People with disabilities may have physical limitations and a decreased ability to react in a fire emergency. Special fire warning devices are available. Answer True or False to the questions below.*

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1. *The home is where people are at greatest risk, with three-quarters (75 percent) of all U.S. fire deaths occurring in homes. T F*
2. *Home furnishings are often made with synthetic materials that burn faster and generate toxic smoke. T F*
3. *Heating equipment is especially dangerous, such as kerosene heaters, woodstoves and electric space heaters. T F*
4. *Flames kill more people than smoke and toxic gases. T F*
5. *In a household with a person with Alzheimer's, consider installing a shut-off valve (for a gas stove) or a circuit breaker for an electric stove so the stove cannot start a fire at night. T F*
6. *Unsafe smoking habits lead the cause of fire deaths among older Americans. T F*
7. *Know at least two ways out of a room and make sure doors and windows open easily. T F*
8. *Most kitchen fires occur when cooking food is left unattended. T F*
9. *Keep all smoking materials out of bedrooms. Burning bedclothes can create a fire from which escape is impossible. T F*
10. *Medication side effects may affect a senior's ability to be alert and make quick decisions. T F*

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