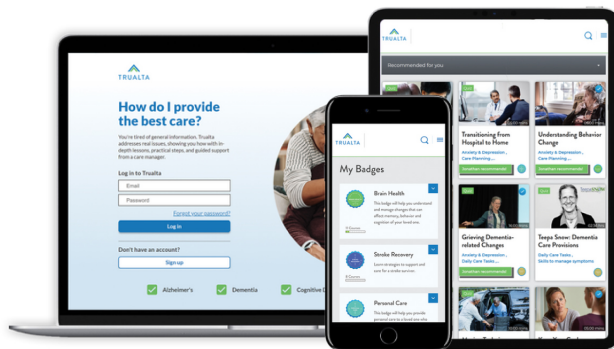




Access free training and resources to help you build skills and confidence to provide care at home.

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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QUICK QUIZ

Aside from aging, there are a few medical reasons that can make you feel unusually cold. Answer True or False to the questions below.

1. *One of the common changes people notice while they are aging is that they are less sensitive to cold temperatures. T F*
2. *Medications cannot lead to heat loss and hypothermia. T F*
3. *People with Alzheimer's may dress inappropriately, wearing little clothing in cold weather. T F*
4. *Signs of hypothermia include shivering, cold pale skin, slow breathing, slow pulses, weakness, drowsiness, confusion, and impaired judgment. T F*
5. *For safety, keep the furnace filters clean. T F*
6. *Healthy older people never experience feeling cold. T F*
7. *Muscles can generate heat and warm you up, so it is important to try to build more muscle by doing some strength-training exercises. T F*
8. *CO (carbon monoxide) poisoning cannot cause severe illness and even death. T F*
9. *Hypothermia is a condition characterized by a dangerously low body temperature. T F*
10. *A frail, older adult in a 60-degree house can develop mild hypothermia overnight. T F*

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