

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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QUICK QUIZ

Many older people may not be aware of when to get out of the heat, or they may be physically unable to get out of an overheated home. They are at increased risk for heat illness. Answer True or False to the questions below.

- 1. Older adults are more likely to have a chronic medical condition that changes normal body responses to heat. T F*

- 2. Heat stroke is the most serious heat-related illness. T F*

- 3. If you sweat too much, your total blood volume is decreased, which means your heart has to pump even harder to get a smaller volume of blood to your working muscles, skin and the other body parts. T F*

- 4. If your doctor limits the amount of fluids you drink or has you on water pills, ask them how much you should drink during hot weather. T F*

- 5. Heat exhaustion is less severe than heat stroke, and occurs when the body becomes severely dehydrated. If left untreated, it leads to heat stroke. T F*

- 6. If your home doesn't have air conditioning, contact your local health department or locate an air-conditioned shelter in your area. T F*

- 7. The body does not feel cooler in dry conditions. T F*

- 8. High body temperature (above 103°F); red, hot, dry skin (no sweating); and rapid strong pulse are signs of heat stroke. T F*

- 9. Air conditioning is not the best protection against heat-related illness and death. T F*

- 10. When perspiration is evaporated off the body, it effectively reduces the body's temperature. T F*

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