

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



Trualta is continually adding content!

Log in to see what's new.

aaa7.trualta.com



According to the Red Cross, if a fire starts in a home, you may have as little as two minutes to escape. During a fire, early warning from a working smoke alarm plus a fire escape plan that has been practiced regularly can save lives. Read the issue and answer True or False to the questions below.

1. *The three essential items to keep by your bedside are your eyeglasses, a whistle and a telephone. T F*
2. *Unsafe smoking habits lead the cause of fire deaths among older Americans. T F*
3. *Cooking is the third leading cause of fire deaths. T F*
4. *The best way to put a grease fire out is by throwing water on it. T F*
5. *Older people are more likely to be scalded by hot water because their skin is thinner and less sensitive. T F*
6. *Special fire warning devices are available, such as smoke alarms with a vibrating pad or flashing light for the deaf and hard of hearing. T F*
7. *If the house is cold, it is safe to use a cook stove to warm the house. T F*
8. *It's important to treat burns quickly so they don't get infected or form a scar. T F*
9. *Seniors who live alone are at risk for fire death and injuries because they have no one to help them put out or escape from a fire. T F*
10. *Alzheimer's disease and dementia do not impair a person's vision, depth perception, hearing, sense of smell and sensation to heat. T F*

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