

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

Seniors' bodies absorb fewer nutrients so they must eat high-nutrient food to maintain good health. They must get more nutrients from less food. Read the issue and answer True or False to the questions below.

- 1) *Food and nutrition insecurity doesn't always mean that someone goes without food; it can mean that they're not getting the healthiest kind of food. T F*
- 2) *Low food security is when the food you eat is lower-quality or isn't very appealing, and you don't have many choices. T F*
- 3) *Adults in low-income, food-insecure conditions are more likely to get chronic diseases, such as type 2 diabetes, heart disease, cancer, and depression. T F*
- 4) *You can cut food costs by cooking more meals at home and by making sure they include some of the healthiest foods, like whole grains, vegetables and beans. T F*
- 5) *Waistline measurements do not predict a variety of diseases. T F*
- 6) *According to the current USDA food pyramid, adults should eat 2–2½ cups of vegetables every day and 1½–2 cups of fruit a day for a total 3½–4½ cups. T F*
- 7) *Even if no salt is added during cooking, most people still consume too much sodium because most processed foods, such as frozen dinners, boxed noodles, and canned soups and vegetables, are high in sodium. T F*
- 8) *Foods that are cheaper and easier to get tend to be lower-quality foods that are high in added sugars, saturated fat and sodium (salt). T F*
- 9) *Physical problems such as bad fitting dentures or dental issues will not impact appetite. T F*
- 10) *While lower nutritional foods can cost less and provide plenty of calories, they can cause frequent spikes in blood sugar levels, which can increase the risk of diabetes-related complications like nerve damage or vision loss. T F*

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