

November Upcoming Virtual Events

Trualta's online virtual events offer caregivers support to bridge the gap between solitude and assistance. Our live events provide a wonderful opportunity to connect with fellow caregivers and share experiences. Best of all, these online events are FREE for caregivers in the AAA7 service area. We invite you to join us!

NOV

13

**Support Group:
Caring for Spouses
2:00 pm - 3:00 pm
Weekly Through 12/4**

Join our caregiving community where individuals caring for a spouse come together. This support group is for caregivers who are caring for spouses. The group meets every week, for four weeks. It's an opportunity to connect virtually with other caregivers who understand what you're going through, and build relationships with the same group of caregivers each week. It's led by a facilitator that offers guidance, support, and weekly discussion prompts. You'll have the chance to share experiences, swap tips, discuss challenges and even have a laugh.

NOV

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**Anonymous Talk:
Finding Hope**

Do you find yourself searching for hope on your caregiving journey? In this support group, we'll explore how to find hope even in difficult moments and how it can be a powerful source of strength for caregivers. This event has both cameras and microphones turned off. Our Care Educator will lead a discussion and invite everyone attending to comment in the chat box if they have something to share. You can type as much as you like, or just sit back and see what you can learn from others who have been in similar situations. All caregivers are welcome.



Register for these events at:

<https://aaa7.trualta.com/event/list?filter=all-events>

If you have questions or need assistance, please email us at caregiver@aaa7.org.

aaa7.trualta.com

Grooming activities provide a predictable structure for the day. If other members of the household are using the same grooming supplies, clean the shared items, such as nail clippers, with alcohol. Answer True or False to the questions below.

1. When providing nail care, watch for signs of irritation or infection. This is especially important in a person with diabetes, for whom a small infection can develop into something more serious. T F
2. Shampooing can be done anytime the person in your care is not overly tired. T F
3. People with Alzheimer's do not lose their former high standard of personal hygiene. T F
4. Keeping the hair and scalp clean improves blood flow to the scalp and keeps the hair healthy. T F
5. As with all personal care activities, try to follow the person's usual routine and follow the same routine as much as possible from day-to-day. T F
6. If the person is able to do these tasks on their own, simply observe and make sure that the tasks are being completed and not forgotten. T F
7. The first step in grooming care such as shampooing, nail care, and shaving, is to assemble supplies. T F
8. Never use an electric razor if the person is receiving oxygen because of the risk of causing a fire if the electric razor sparks. T F
9. People beyond the early stage of Alzheimer's disease should not be left alone in the bathroom. T F
10. Dandruff is not caused by dry skin, but by a yeast-like fungus that feeds on scalp oil and can inflame the scalp's skin, causing it to flake off. T F

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