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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

Caregiver Assistance Newsletter - October 2024

Are papers, magazines, books, shoes, or other objects strewn on the floor? Especially when doing a transfer, keep objects off the floor to prevent accidents and back injury. Answer True or False to the questions below.

1. *Medications like sedatives, antidepressants, and anti-psychotic drugs, plus taking multiple medications, increase the risk of falling. T F*
2. *Especially in Alzheimer's care, fear and confusion are often the cause of resistance. T F*
3. *A too heavy handbag can cause muscle soreness, nerve compression and back and shoulder pain. T F*
4. *To prevent injury, proper body mechanics involves standing and moving one's body to prevent injury, avoid fatigue, and make the best use of strength. T F*
5. *Healthcare workers often experience back strain at a rate exceeding that of workers in construction, mining, and manufacturing. T F*
6. *It is common for an older adult or a person with a disability to have trouble turning over or getting in and out of bed. T F*
7. *Make sure the path from the bed to the bathroom is well lit. T F*
8. *Health conditions, such as Parkinson's, Alzheimer's and arthritis, do not cause weakness in the extremities, such as poor grip strength and balance disorders. T F*
9. *Having the person grab a trapeze bar to help with the move is easiest and safest for your back. T F*
10. *The back muscles are your strongest muscles. T F*

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