



Access free training & resources to help you build skills & confidence to provide care at home.

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.

Trualta is really easy to use. All you will need to start is a computer, tablet, or smartphone. With lessons ranging from 5 minutes to 2 hours, Trualta makes it easy for you to fit caregiver training in whenever it works for you.



Get access to FREE online educational resources to help caregivers like you!

Visit aaa7.trualta.com



Contact us to learn more about Trualta today!

Area Agency on Aging District 7 (Ohio)

1.800.582.7277

caregiver@aaa7.org

aaa7.trualta.com

After reading this issue, think about how in providing care and assistance you can communicate better with the person in your care and the family. Answer True or False to the questions below.

- 1. To be understood, allow the other person to see your face in the light so they can see your facial expression and lip movements. T F*
- 2. Personal balance includes allowing time for myself. Having hobbies, friends and personal interests outside of caregiving can reduce stress. T F*
- 3. There is no real way to effectively set boundaries when communicating with someone you are caring for. T F*
- 4. Singing, dancing, hugging, holding, and other body actions are some of the ways we can communicate to people in our care who have lost the ability to understand spoken or written language. T F*
- 5. When communication fails, stress levels go up. Higher stress is associated with heart attacks, high blood pressure, and more severe diabetes symptoms. T F*
- 6. Sometimes communication is made more difficult by the simple fact that the senior is hard of hearing. T F*
- 7. Effective communication leads to mutual understanding. It helps both parties find a solution to a problem. T F*
- 8. Aside from their hearing aid, some people need their eyeglasses to see you better when communicating. T F*
- 9. Even the tone of our voice can mean more than the words that we actually say.
T F*
- 10. To avoid startling a person, approach them from the front and say who you are as you approach. T F*

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