



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

QUICK QUIZ

It is important for you to set up a plan for day-to-day activities that can stimulate and entertain. Answer True or False to the questions below.

1. *Some people with AD get very upset watching violence on TV because they think it is real. T F*
2. *To help maintain self-esteem, it is important to help the person with AD continue to engage in activities and participate in family and community life. T F*
3. *Activities should make the best use of a person's remaining strengths and skills. T F*
4. *Often when there is no activity he or she can do, touch can become an important part of communication. T F*
5. *Seniors, and even people with Alzheimer's, can discover new talents. T F*
6. *Gardening is one of the oldest healing arts and exercises the eyes and the body. T F*
7. *There's no age limit on the enjoyment of playing games. Games relieve boredom and stress. They also help exercise our brains. T F*
8. *Generally, parties, trips and concerts are not too stimulating and exhausting. T F*
9. *Memory of song lyrics can remain longer than the ability to carry a conversation. T F*
10. *An activity doesn't have to be something out of the ordinary and even activities of daily living (ADLs) can become an opportunity to use senses or tell a story. T F*

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