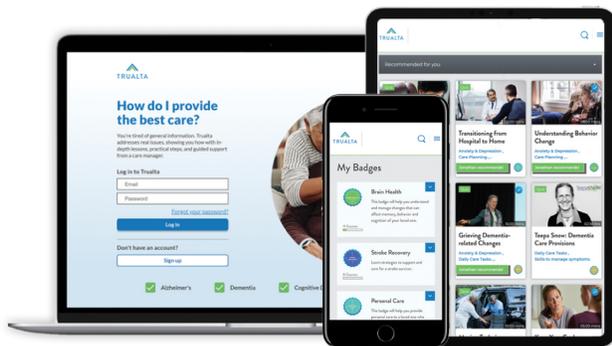




Access free training and resources to help you build skills and confidence to provide care at home.

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.



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- Pat from "Alzheimer's Music Connect"

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For more information:

1-800-582-7277 or
caregiver@aaa7.org

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As the caregiver, you should seek training from a physical therapist in order to reduce the risk of injury to yourself or the person in your care. Answer True or False to the questions below.

- 1) *Most muscle strain injuries to both the caregiver and care receiver are preventable if you follow some simple rules. T F*
- 2) *If the person in your care does not move often, they may become lightheaded with a change in position—move slowly. T F*
- 3) *Use your back muscles to do most of the work. T F*
- 4) *During transfers, people may feel more vulnerable and may resist out of fear or not knowing where they are going. T F*
- 5) *Obesity is one of the biggest risk factors for developing back pain and arthritis because it speeds the destruction of joint-cushioning cartilage. T F*
- 6) *Keep your spine in a neutral (normal arched, not stiff) position while lifting. T F*
- 7) *Have the person PUSH off rails, chair arms, etc. (No pulling). T F*
- 8) *Think about what you are capable of, what assistance you might need, and to what degree the one in your care can assist you. T F*
- 9) *Never use ice on a sore back muscle. T F*
- 10) *Body mechanics involves standing and moving in ways that prevent injury, avoid fatigue, and make the best use of strength. T F*

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