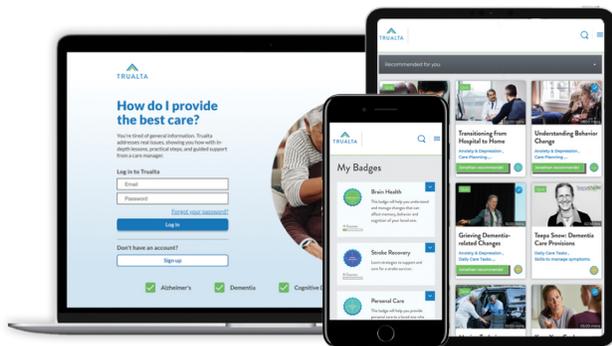




Access free training and resources to help you build skills and confidence to provide care at home.

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.



"This was wonderful. My husband and I danced and we had a good time singing these oldies but goodies. I will highly recommend these to anyone who's husband or wife has Alzheimer's."

- Pat from "Alzheimer's Music Connect"

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.



Register Today!

aaa7.trualta.com

For more information:

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

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QUICK QUIZ

Caregiver Assistance Newsletter - August 2023

Review plans for storm preparation at least once a year. Just having a little bit of thought in advance and understanding how you are going to react can make the difference between life and death in an emergency. Answer True or False to the questions below.

- 1) *Carbon monoxide, which is odorless and colorless, is produced by appliances that burn gas, oil, kerosene, wood or wood products. T F*
- 2) *Opening doors and windows, and using fans, will not prevent carbon monoxide from building up. T F*
- 3) *Keep your refrigerator and freezer doors closed as much as possible to keep in cold. T F*
- 4) *Do not use the kitchen stove to heat your home—this can cause a fire or fatal gas leak. T F*
- 5) *If you smell gas or hear a blowing or hissing noise, open a window and get everyone out quickly. T F*
- 6) *Use extreme caution when driving. If traffic signals are out, treat each signal as a stop sign—come to a complete stop at every intersection and look before you proceed. T F*
- 7) *If necessary, use a generator, gasoline-powered engine, camp stove or charcoal-burning device in a semi-confined space, such as your home, basement or garage. T F*
- 8) *Keep at least a one-day supply of water per person. T F*
- 9) *Even after an event, there may still be many dangers. Stay tuned to your local emergency station and follow the advice of trained professionals. T F*
- 10) *If you are making safety changes to a home in which you do not live; such as your parent's or client's home, be aware and sensitive to what these possessions mean to the person and proceed with sensitivity. T F*

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