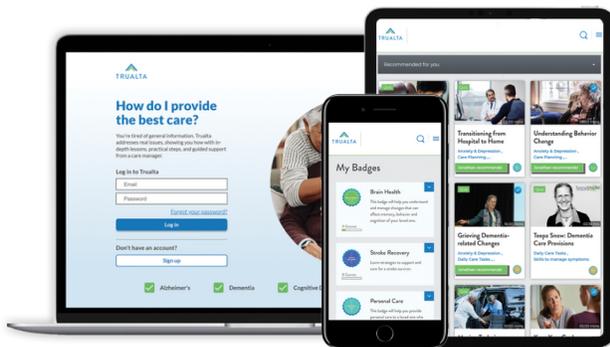




Access free training and resources to help you build skills and confidence to provide care at home.

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"

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1-800-582-7277 or
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People with chronic illnesses that affect their circulation, sensation, mobility, or mental alertness as well as those taking some types of medications are more likely to fall as a result of drug-related side effects such as dizziness, confusion, disorientation, or slowed reflexes. Answer True or False to the questions below.

- 1) *When transferring from a wheelchair to a car, place the wheelchair as close to the car seat as possible and lock the chair's wheels. T F*
- 2) *Having regular vision screening does not help prevent falls. T F*
- 3) *According to the Centers for Disease Control and Prevention, one-third of adults age 65 and older experience a fall each year. T F*
- 4) *Balance can be affected in a person with a disability, such as person living with stroke. T F*
- 5) *Certain eye and ear disorders may increase your risk of falls. T F*
- 6) *When older people fall, they fear falling again, causing them to limit their activities. T F*
- 7) *Dehydration can be a very common cause of falls in older adults. T F*
- 8) *Water therapy is a safe way for a person with a disability and older adults to exercise because there is no danger of falling. T F*
- 9) *Having foot pain problems corrected and keeping toenails trimmed and feet healthy helps a person have good balance. T F*
- 10) *The incline at curbs that have been cut away to allow access for bikes or wheelchairs cannot lead to a fall. T F*

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