Lessons are available online through video, audio, printable pages, tip sheets, and interactive e-learning!

PERSONAL CARE
- Denture Care Tips
- Helping with Daily Tasks Around the Home
- Managing Medication at Home
- Managing Pain in Older Adults
- Oral Care
- Showering
- Skin Care
- Toileting and Incontinence

SAFETY AND INJURY PREVENTION
- Aging and Nutrition
- Home Safety: Fall Hazards
- Home Safety: Dementia and Injury Prevention
- Dementia-Friendly Interior Design
- Elder Abuse
- Falls Prevention at Home
- Financial Safety: Avoiding Scams
- Moving and Transferring
- Moving Techniques
- Power of Attorney
- Pressure Injuries
- Reducing Medication Risks
- Safety Tips when Caring
- Transferring from a Bed to a Chair
- Urinary Tract Infections: A Guide for Families

BRAIN HEALTH
- Agitation and Anxiety
- Asking the Right Questions
- Communication and Dementia
- Delirium, Depression, and Apathy
- Delirium: Signs and Symptoms
- Dementia and Assisting with Dressing
- Dementia Knowledge
- Eating and Appetite Concerns
- Palliative and Hospice Care
- Sexuality and Dementia
- Sleep and Dementia
- Surgery: Cognitive and Memory Changes
- Transitioning from Hospital to Home
- Understanding Behavior Change
- Verbal and Physical Aggression
- Wandering

CAREGIVER WELLNESS
- Balancing Work and Caregiving
- Caregiver Guilt
- Energy Conservation
- Keep Your Cool
- Temporary Relief for the Family Caregiver

MUSIC THERAPY BY ALZHEIMER'S
- MUSIC CONNECT
  - A Smooth Jazz Christmas
  - Big Band Medley
  - Country
  - The Songs and Spirit of Christmas
  - Vocal Standards

Trualta is continually adding content!
Log in to see what's new.