

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
Shaving
Showering
Skin Care
Toileting and Incontinence

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

DEMENTIA EXPERT

Care Chat: Driving and Dementia
Challenging Situations in the Home
Teepa Snow: Become a Better Detective
Teepa Snow: Dementia Care Provisions
Teepa Snow: PAC Skills Make a Difference

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

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

Trealta is continually adding content!
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