

# 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

## 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

## GRANDPARENTS RAISING GRANDCHILDREN

- Creating a Stable Routine
- Screen Time
- Trauma-informed Care

## 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

## 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
- Hallucinations and Brain Changes
- Hoarding and Hiding
- Keeping Hands and Minds Busy: Baskets and Other Rummaging Inspiration
- Living with a Purpose: Involving Your Loved One in Daily Tasks
- Palliative and Hospice Care
- Sensory Stimulation: Using the 5 Senses to Create Meaningful Moments
- 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

- Asserting Yourself and Ask for Help!
- Balancing Work and Caregiving
- Caregiver Anger and Frustration
- Caregiver Guilt
- Effective Self-Care
- Energy Conservation
- Good Morning Stretches
- Outdoor Activities to Enjoy Together
- Reframing Negative Thoughts
- Relax and Unwind Together
- Temporary Relief for the Family Caregiver

## MUSIC THERAPY BY ALZHEIMER'S MUSIC CONNECT