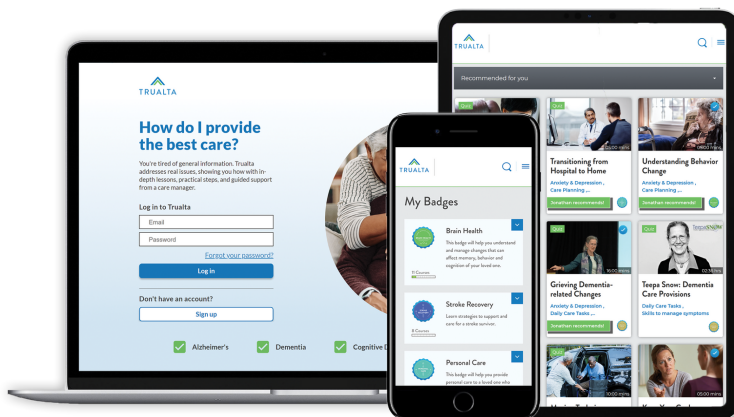


Access free training and resources to help you build skills and confidence to provide care at home.

Tualta 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"

Tualta 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, Tualta makes it easy for you to fit caregiver training in whenever it works for you.



Scan the QR code
to register, OR
sign up at:
lehighcounty.tualta.com

Care Stories: "One Fall Away"

Meet Randall



"I have been caring for my father for the last 3-4 years after he was diagnosed with dementia. Mom passed away a number of years ago, so I have become his caregiver. In the beginning it wasn't too challenging as he was diagnosed while in the early stages and I had my mother's help. However, after she passed and I became his caregiver I realized he had progressed much further than I was aware. I still work full time, but when I'm not at work I'm with him. His mobility has gone significantly downhill, I think at this point, my greatest concern is him falling.

I always feel like I am trying to play catch up as the disease progresses, but dad has been living in the same home for the last 37 years, and refused to let us make any changes for his safety. We got him a medical alarm, but I'm not sure if he wore it all the time. I used to call him every evening around 6 pm, worrying that he might have fallen out of bed if he didn't answer. Even just the thought of him trying to go to the bathroom at night filled me with anxiety. At that point, the fear of him falling was consuming me but the thought of him going to a facility broke my heart. Before we even had a chance to react dad ended up falling while trying to put on his shoes, which resulted in some fractured ribs.

While dad was at the hospital we took the opportunity to go through his home and do what we could to eliminate any hazards. His slippers had absolutely zero grip anymore so we replaced those, and we decided to add in some grab bars to the bathroom. It is still an uphill battle as the disease progresses, but keeping him at home as long as possible has given my dad a sense of peace. I realize now that I can't prevent everything, but I've started checking his house every time I'm over for things I may have previously missed.

It definitely gives me peace of mind knowing he could move around his home safely and independently.