

## FIND RESOURCES

A good support system is important for both the individual with Alzheimer's disease and their caregivers. Contact Alzheimer's Tennessee for assistance. We can connect you with the following resources:

### ADULT DAY SERVICES



Howard Circle of Friends, in Knoxville, offers a safe and secure environment during the day for persons with Alzheimer's disease and related dementias. Caregivers receive the benefit of respite from 24-hour caregiving duties. Care is provided by a program manager, program assistant, and community volunteers.

### SUPPORT GROUPS

Trained facilitators meet with caregivers to share information and experiences, build new skills, and offer peer support and ideas. Participation is free.

### EDUCATION

Our Education Programs are designed to increase awareness and knowledge about the disease. Please contact our office or check our website for locations and times. Help is always available online at the Caregiver Academy: [alzTennessee.org/Academy](http://alzTennessee.org/Academy)

### 24/7 HELPLINE FOR INFORMATION & REFERRAL

Call to speak confidentially with a trained Helpline specialist who will provide information, support and referrals to local resources.



**HELPLINE**  
Your Gateway to Service  
**1(800) ALZ-GATEway**  
259-4283



Make Alzheimer's a Memory™  
[www.alzTennessee.org](http://www.alzTennessee.org)

- Family Counseling & Care-Planning
- Education & Resource Referrals
- Caregiver Training
- First Responder Education
- FREE Helpline
- Support Groups
- Advocacy
- Research

### Alzheimer's Tennessee Mission:

To serve those facing Alzheimer's disease and related dementias, to promote brain health through education, and to champion global research, prevention and treatment efforts. Alzheimer's Tennessee, Inc. is the only independent 501(c)3 not for profit organization that has been in Tennessee for families facing Alzheimer's since 1983.

Janice Wade-Whitehead, President & CEO

**Alzheimer's Tennessee Main Office serving East Tennessee**  
5801 Kingston Pike, Knoxville, TN 37919 | 865.544.6288

#### REGIONAL OFFICES:

**Northeast Tennessee & Southwest Virginia**  
2319 Browns Mill Rd., Ste D6  
Johnson City, TN 37604  
Phone: 423.330.4532

**Middle Tennessee**  
P.O. Box: 150036  
Nashville, TN 37215  
Phone: 615.580.4244

**Cumberlands**  
1459 Interstate Dr., Ste 211  
Cookeville, TN 38501  
Phone: 931.526.8010

**South Central Tennessee**  
207 N. Jackson St.  
Tullahoma, TN 37388  
Phone: 931.434.2348

**West Tennessee**  
38 Old Hickory Cove, Ste B175  
Jackson, TN 38305  
Phone: 731.694.8065



**HELPLINE**  
**1(800) 259-4283**

## Alzheimer's Disease: Early to Middle Stages



Alzheimer's  
Tennessee  
Library



## SIGNS AND SUPPORT



Make Alzheimer's a Memory™

[www.alzTennessee.org](http://www.alzTennessee.org)

# Alzheimer's Disease: Early to Middle Stages

Signs and symptoms of early stage Alzheimer's can be confused with other (possibly reversible) causes of memory loss. See your doctor for an accurate diagnosis.

## EARLY STAGE SIGNS:

- Mild memory loss. Changes in behavior or personality.
- Difficulty remembering names of familiar people, places, and events.
- Inability to solve simple math problems or balance a checkbook.
- Difficulty planning and organizing (such as making a grocery list and finding items in the store).

## MIDDLE STAGE SIGNS:

- May not always recognize close friends or family.
- Increased need for assistance with daily activities.
- Surroundings may seem unfamiliar because the past is confused with the present.
- Restlessness or wandering, especially in late afternoon and at night.
- Problems with language, reading, writing and numbers.
- May be suspicious, irritable, fidgety or tearful.
- May see or hear things that are not there.

## WHAT CAN I DO AS A CAREGIVER?

- Go with your loved one to the doctor and be open about symptoms.
- Have early and honest discussions about care options—living will, power of attorney, and possible future living arrangements.
- Create memories. Work on a memory scrapbook with lots of color and texture. Include pictures of loved ones with their names.
- Focus on the individual's current abilities that may help diminish their disabilities.
- Learn all you can about Alzheimer's disease. Visit the [www.alzTennessee.org](http://www.alzTennessee.org) for dates of upcoming workshops and to view Caregiver Academy videos.
- Begin creating an extended support system to assist when you need help.
- Make sure selfcare is at the top of your priority list.
- Maintain a respectful attitude and demeanor.
- Be patient. Support is helpful. Arguing is not.
- Consider joining a research study.



[www.alzTennessee.org](http://www.alzTennessee.org)

## IF YOU ARE CONCERNED...

- Not all memory problems are related to dementia. An assessment by a team of healthcare professionals will help to rule out other health issues.
- Obtaining an accurate medical diagnosis will help determine your individual treatment and planning goals.
- Early diagnosis is very important. Medications currently available are most effective early in the disease process.
- Contact Alzheimer's Tennessee for further information and a referral to an assessment clinic.



Help is **NOW** a  
Finger Tip Away!  
[www.alzTennessee.org](http://www.alzTennessee.org)

Alzheimer's Tennessee offers free video resources to educate and inspire individuals with a diagnosis and their caregivers. The videos are available anywhere at any time. Get advice and inspiration on sharing a diagnosis, tips to stay organized and tools to help you live well.

## CAREGIVER ACADEMY

Learn the medical aspects of dementia, how to overcome communication and behavioral challenges, legal issues facing and more. Presented by physicians, lawyers and dementia care experts.