

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 illnesses. 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 of charge.

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. www.alzTennessee.org/webinar

Helpline / Information & Referral

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



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You Are Not Alone

- Family Counseling & Care-Planning
- Education & Resource Referrals
- Virtual Caregiver Training
- FREE 24/7 Helpline
- Virtual Support Groups
- Connect With Others
- Community Resources



Make Alzheimer's a Memory™

www.alzTennessee.org

Alzheimer's Tennessee Mission: To serve those facing Alzheimer's disease and related dementias, to promote brain health through education, and to champion global 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: 423.232.8993

Middle Tennessee

4235 Hillsboro Pike
Nashville, TN 37215
Phone: 615.580.4244

Cumberlands

390 South Lowe Ave, Suite I
Cookeville, TN 38501
Phone: 931.526.8010

South Central Tennessee

309 N. Jackson St., Suite 1
Tullahoma, TN 37388
Phone: 931.434.2348

West Tennessee

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



RESOURCES FOR CAREGIVERS DURING COVID-19



Caregiver Resources



Alzheimer's: A Journey No One Should Take Alone



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More Resources

In addition to resources and support provided By Alzheimer's Tennessee, The following resources are available through the State and Federal Agencies

Tennessee Commission on Aging and Disability

1-615-741-2056 or TN.gov/aging
Contact TCAD for Assistance with:

- Transportation
- Food Assistance
- Elder Abuse
- Vaccinations

Visitation in long-term care facilities

Visitation Guidance in Tennessee has deferred to the Centers for Medicare and Medicaid Services. Contact CMS for guidelines for long-term care facilitates and visitation during Covid 19.

www.cms.gov/files/documents/qso-20-39-nh.pdf

Mental Health

If your are experiencing a mental health Emergency or thinking of taking your own life, please call or text Tennessee Statewide Crisis Line at 1-855-274-7471 or Text "TN" to 741-741



What Can I Do as a Caregiver?

Don't be isolated. Join a Virtual Support Group:
Weekly Family Caregiver Supports Groups:

Monday: 1:00 PM CST/ 2:00 PM EST
6:00 PM CST/ 7:00 PM EST

Wednesday: 1:00 CST / 2:00 PM EST

Friday: 9:00 AM CST / 10:00 EST

www.alzTennessee.org/SupportGroups

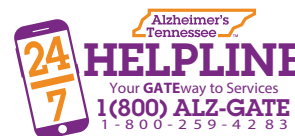
Memory Cafes offered weekly for Individuals with a diagnosis of Mild Cognitive Impairment or early stage Alzheimer's.

Tuesday: 10:00 AM CST / 11:00 AM EST

Thursday: 9:00AM CST / 10:00 AM EST
NEW MEMORY CAFÉS COMING SOON.

www.alzTennessee.org/MemoryCafe

Call for more information:



If You're Stressed

Stress can cause the following:

- Feelings of fear, anger, sadness, worry, numbness or frustration.
- Changes in appetite, energy, desires and interest.
- Difficulty sleeping
- Physical reactions, headaches, body pains, stomach problems
- Worsening of chronic health conditions and mental health concerns

Ways to Cope with Stress:

- Take deep breaths, stretch or meditate
- Eat a healthfully
- Exercise regularly
- Get plenty of sleep



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