



Engagement for Individuals with MCI and Early Stage Alzheimer's Disease

37TH ANNUAL ALZHEIMER'S DISEASE AND MANAGEMENT SYMPOSIUM



Presenters

Janice Wade – Whitehead
CEO / President



Background

- ▶ Research indicates the effects of social engagement on dementia onset and cognitive improvement after a diagnosis of Mild Cognitive Impairment.
- ▶ Those with MCI may have better cognitive health outcomes when socially engaged.
- ▶ Engagement should be by choice and supports the interest of the individual with MCI.
- ▶ Engagement seems to provide some protection from a rapid decline.



Experts who are living with MCI and early stage Alzheimer's

Sharing and talking with others with similar experiences



Experts who are living with MCI and early stage Alzheimer's

- ▶ Frank, Mike, John and Ken educate us on their experiences



Experts who are living with MCI and early stage Alzheimer's talk about technology



Supporting the Whole Person

- ▶ Well-Being of the person
 - Medications
 - Exercise
 - Diet
 - Sleep
 - Social Connections “The Joy of Life”

Memory Cafes Alzheimer's Tennessee

- ▶ Building a community with others with similar experiences – Creating the Platforms for connection
- ▶ Memory Café Support Groups (Virtually)
 - **Tuesday / Thursdays 9:00 CST / 10:00 EST**
 - **Wednesday, 9:00 CST / 10:00 EST**
 - **In-person social activities twice monthly**

Memory Cafes Alzheimer's Tennessee

▶ Memory Café Support Groups (Virtually)

Tuesday / Thursdays 10:00 EST / CST

A gathering of individuals interested in living well with diagnosis. It is uplifting experiences that help to form new friendships & community.

Wednesday, 10:00 EST / 9:00 CST Persons Living With Diagnosis (PLWD)

A gathering of individuals who are interested in finding support, tips and coping strategies from others living well with diagnosis.

Memory Cafes Alzheimer's Tennessee "In Their Own Words"



Building communities and providing the platforms for engagement

Brenda: “it helps to mitigate suffering and improve quality of life”



Individuals with diagnosis help to shape programs

- ▶ Memory Cafes Support Groups need to meet more than once a month.
- ▶ Memory Cafes need to be a safe place for individuals with diagnosis to share with others.
- ▶ In addition to support groups, fun and engaging in-person activities with the group – encourage care partners to join the activities



Harmony Lane Farm Tour & Goat Cuddling



Goat Cuddling Bucket List



Lunch & Learn

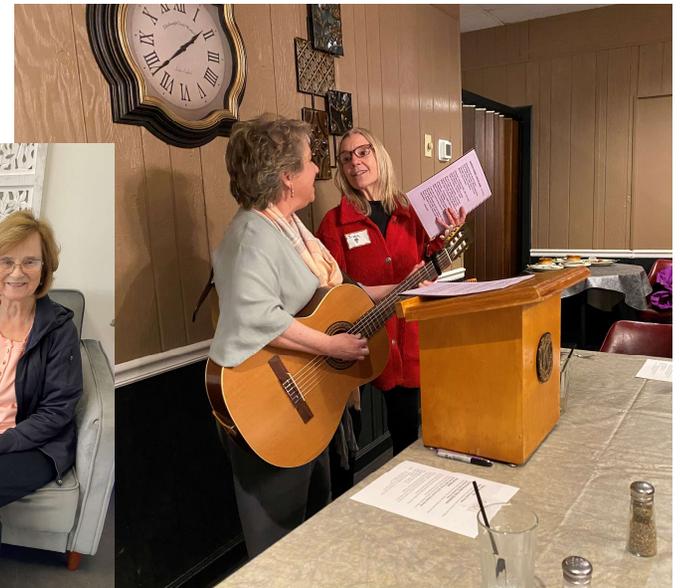


Planting Flowers



Quotes from individuals with diagnosis:

- ▶ “Being able to get together with others has been very uplifting. Getting out of the house after being at home so much over the past couple of years has been good for me. I have enjoyed meeting new friends and look forward to each time we get together.” Judy



Quotes from individuals
living with diagnosis:



Memory Café ACT – Middle Tennessee and East Tennessee

- ▶ Memory Café ACT Programs are for individuals with a diagnosis of dementia. Family members and Care partners are invited.
- ▶ A wide variety of programs are offered twice monthly.



Memory Café ACT – Middle Tennessee and East Tennessee

- ▶ Middle Tennessee In-person gatherings

melanie.headricks@TNalz.org

East Tennessee in-person & virtual

Jill.Ladaa@TNalz.org

Linda.Johnson@TNalz.org



Building communities and providing the platforms for engagement



► ***Coming in January 2024***

“Live WELL with memory loss. A podcast produced and hosted by people living well with memory loss.”

Podcast by and for individuals living with Alzheimer’s or Mild Cognitive Impairment created by individuals living with diagnosis.

SPARK! Northeast Tennessee

- ▶ The SPARK! Program is a combination of fellowship and cultural program for individuals with diagnosis and their care partners sponsored by Alzheimer's Tennessee Northeast TN / Southwest Virginia office and the Reece Museum.
- ▶ Specially trained museum educators and staff and volunteers with Alzheimer's Tennessee support discussion, object handling and other activities. The program includes opportunities to work with artists and other groups throughout the community.
- ▶ This program in Northeast Tennessee was the fourth site in the country to join the Spark! Alliance which is a foundation of museums, nature centers and cultural programs for individual with memory loss.



SPARK!

- ▶ More information on SPARK!

Contact:

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Director

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End of Life quote Steve Jobs

Steve Jobs, one of the most successful and wealthiest business entrepreneurs as CEO of Apple, shared this as he lay dying:

“Therefore... I hope you realize, when you have mates, buddies and old friends, brothers and sisters, who you chat with, laugh with, talk with, sing with, talk about north-south-east-west or heaven and earth...

That is true happiness!”



Heart Sing Chorus

- ▶ The Heart Sing! Chorus is made up of individuals with diagnosis, support partners and community.
- ▶ It is a program of Alzheimer's Tennessee and this year is supported by the Pat Summitt Foundation.
- ▶ The Heart Sing! Chorus has weekly practice sessions and presents a community concert twice a year. Our next concert will be held on Thursday, November 30th at Bearden Central Church in Knoxville.
- ▶ Debbie Shell is a music therapist and the chorus director and Kathy Thomas with Alzheimer's Tennessee provides staff support for the program. Kathy.Thomas@TNalz.org

Presented with the generous support of: 



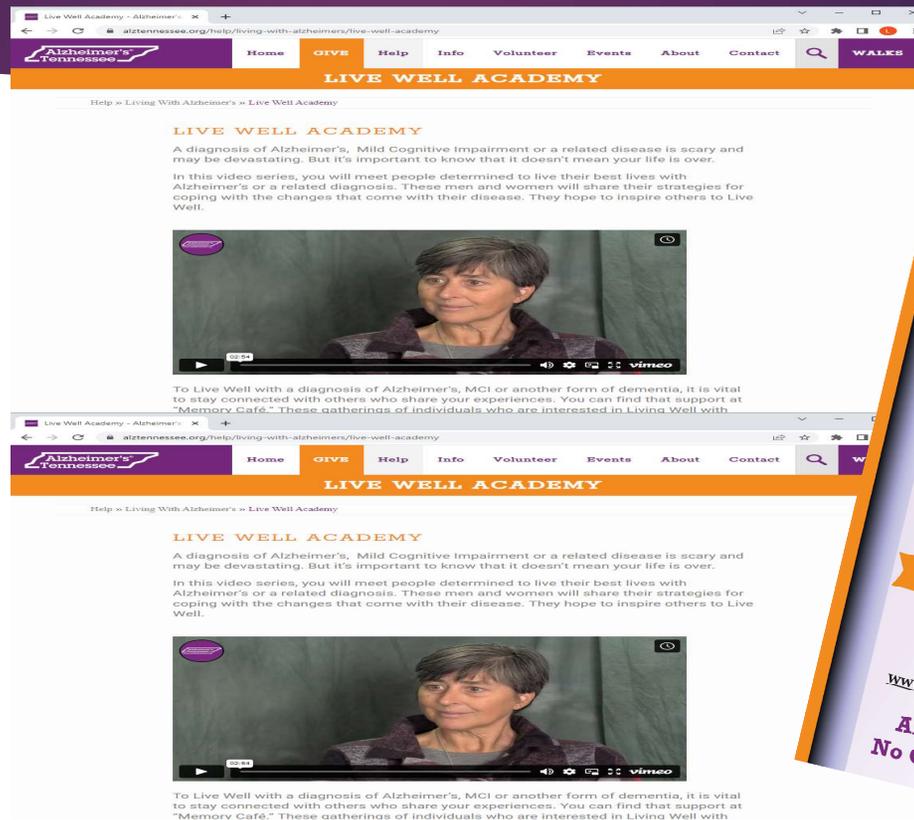
Heart Sing! Chorus



“What You Need to Know Brochure

- ▶ Brochure
- ▶ Live Well With Diagnosis academy

alzTennessee.org/livewell



Designing Socially Assistive Robots

Supporting the research at the University of Tennessee Department of Mechanical, Aerospace and Biomedical Engineering

Xiaopeng Zhao, Ph.D.





Young person painting.JPG

Howard Circle of Friends Adult Day Center



For Care Partners

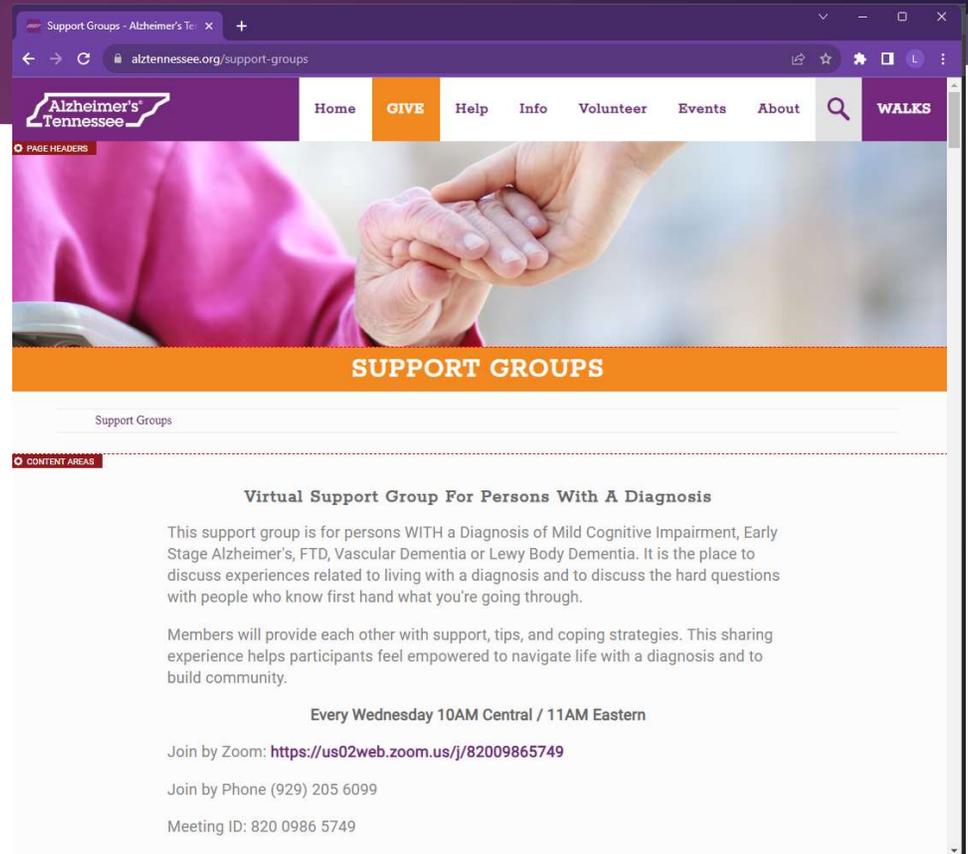
Virtual Family Support Groups

- Monday 6PM CST / 7PM EST
- Tuesday 11:30 AM CST / 12:30 PM EST
- Friday, 9:00 AM / CST / 10:00 EST

- In-person family support groups throughout the state.

www.alzTennessee.org/supportgroups

- Lewy Body Disease Support Groups
- Frontotemporal Dementia Support Groups



The screenshot shows a web browser window displaying the Alzheimer's Tennessee website. The URL is alztennessee.org/support-groups. The navigation menu includes Home, GIVE, Help, Info, Volunteer, Events, About, and WALKS. The main content area features a banner image of two hands clasped together, with the text "SUPPORT GROUPS" overlaid. Below the banner, the page is titled "Support Groups" and contains a section for a "Virtual Support Group For Persons With A Diagnosis".

Virtual Support Group For Persons With A Diagnosis

This support group is for persons WITH a Diagnosis of Mild Cognitive Impairment, Early Stage Alzheimer's, FTD, Vascular Dementia or Lewy Body Dementia. It is the place to discuss experiences related to living with a diagnosis and to discuss the hard questions with people who know first hand what you're going through.

Members will provide each other with support, tips, and coping strategies. This sharing experience helps participants feel empowered to navigate life with a diagnosis and to build community.

Every Wednesday 10AM Central / 11AM Eastern

Join by Zoom: <https://us02web.zoom.us/j/82009865749>

Join by Phone (929) 205 6099

Meeting ID: 820 0986 5749

Connections for the Care Partner

“Dementia Caregivers Community” Podcast

<https://alzTennessee.org/Podcast>



Resources



Alzheimer's Tennessee is a local organization, headquartered in Knoxville, Tennessee with 6 regional offices across the state, and an adult day program in Knoxville.

Some of the services we offer are:

- A 24-hour / 7-day a week Helpline - 1-800-ALZ-GATE (1-800-259-4263)
- All Helpline calls are either answered by local staff or followed up by local trained staff members.
- Website: www.alzTennessee.org

- Educational Programs** such as:
 - Caring and Coping Caregiver Conferences** www.alzTennessee.org/workshops
 - Research and Disease Management Symposium** www.alzTennessee.org/symposium
 - Webinars for Caregivers and Professionals** www.alzTennessee.org/webinars
 - Virtual Dementia Tours** - providing ah anderson sen soiy experie nce to better understand living with dementia call 1 888 326-9888 to schedule
 - In-service training** for Area Agencies and Facilities 1 888 326-9888
 - Ficti Responder Training** for Law Enforcement and other first responders to help them better support and serve individuals living with dementia 1 888 326-9888
 - Alzheimer's ACT Alzheimer's Care Training** - a curriculum for direct care staff
 - Contact Us** info@alztn.org
 - Brochures available on Alzheimer's disease, FTD, Lewy Body Disease, stages of dementia.**
- Alzheimer's Tennessee also provides **Resource Referrals**: Helping families identify community resources to assist with living at home, as well as respite care, hospice care, and understanding options for long term care. 1 888 326-9888
- Alzheimer's Tennessee also provides **Family Consultations and Care-Planning**. These are one-on-one ongoing conversations with individuals and families to help with preparing for and coping during this journey with Alzheimer's disease and related dementias. 1 888 326-9888
- Alzheimer's Tennessee Tollfree Caregiver Academy - short videos available on a variety of topics for caregivers (available in Spanish) www.alzTennessee.org/facadevny
- Home Assessments** with families 1 888 326-9888 to schedule
- Support Groups**. These **monthly meetings** in communities across Tennessee provide support and encouragement for caregivers, family members, and those coping with Alzheimer's and related dementias. We also have **weekly meetings that meet virtually** by Zoom or by phone. www.alzTennessee.org/supportgroups

- Alzheimer's Tennessee also has **Memory Café**. This is a support group for individuals diagnosed with mild cognitive impairment and those who are in the **early stages** of Alzheimer's disease and related dementias. This group meets twice weekly by Zoom and meets monthly, in person, for activities. www.alzTennessee.org/supportgroups jill.ladson@alztn.org 1 800 259-4263
- Live Well With Alzheimer's Academy** - short videos by individuals with diagnosis who are living well with diagnosis share their strategies and insights. www.alzTennessee.org/livewell
- Hearing Chorus** - a chorus for individuals with diagnosis. Caregivers and community volunteers - twice annual community concerts are held. Social activities are also planned for the chorus members and include luncheons, jazz concerts, symphony concerts. www.alzTennessee.org/hearing
- Howard Circle of Friends** is Alzheimer's Tennessee's adult day program in the Knoxville area in partnership with Mt. Calvary Church. Howard Circle of Friends provides opportunities for individuals with a cognitive impairment diagnosis to have a safe and engaging environment to socialize and enjoy activities together. www.alzTennessee.org/hc/friends
- Advocacy**. Alzheimer's disease is a public health problem, and Alzheimer's Tennessee has played an active role in ensuring that legislators on both the national and state levels pursue programs that will provide the assistance needed by our families. www.alzTennessee.org/advocacy
- Research**. Alzheimer's Tennessee supports research to find a cure and better treatments for Alzheimer's disease by funding clinical trials and successfully advocating for increased federal funding. www.alzTennessee.org/research
- Helping Hands**. This is a faith-based program to link and empower area churches to provide support, assistance, and a message of hope to individuals with a diagnosis, their families, and their caregivers. A Helping Hands resource library is available to a religious institution free of charge. Linda.Johnson@alztn.org
- Clergy Conferences** two clergy conferences including an in-person clergy conference and a virtual conference "Alzheimer's and the African American Caregiver". www.alzTennessee.org/faithacademy
- Outreach Council**. African Americans are among the hardest hit by Alzheimer's disease. Volunteers who serve on the Outreach Council reach out to the African American community and raise awareness about Alzheimer's disease in hopes that earlier detection will increase the effectiveness of treatments and awareness of available support services. Linda.Johnson@alztn.org 1 888 326-9888
- Silver Alert**. A Silver Alert, similar to an Amber Alert, is a notification made by law enforcement through the media that a loved one with Alzheimer's disease or a related dementia is missing. **6 out of 10** individuals with Alzheimer's disease or a related dementia will wander at some point in their disease. Alzheimer's Tennessee in cooperation with the Tennessee Bureau of Investigation and local law enforcement agencies has developed a **Silver Alert Kit to help caregivers prepare for the possibility that their loved one may wander**. The Silver Alert Kit includes **essential information and tools to help rescuers find your missing loved one**. The information is also available on our website at www.alzTennessee.org/thesilverkit.

The Last Word

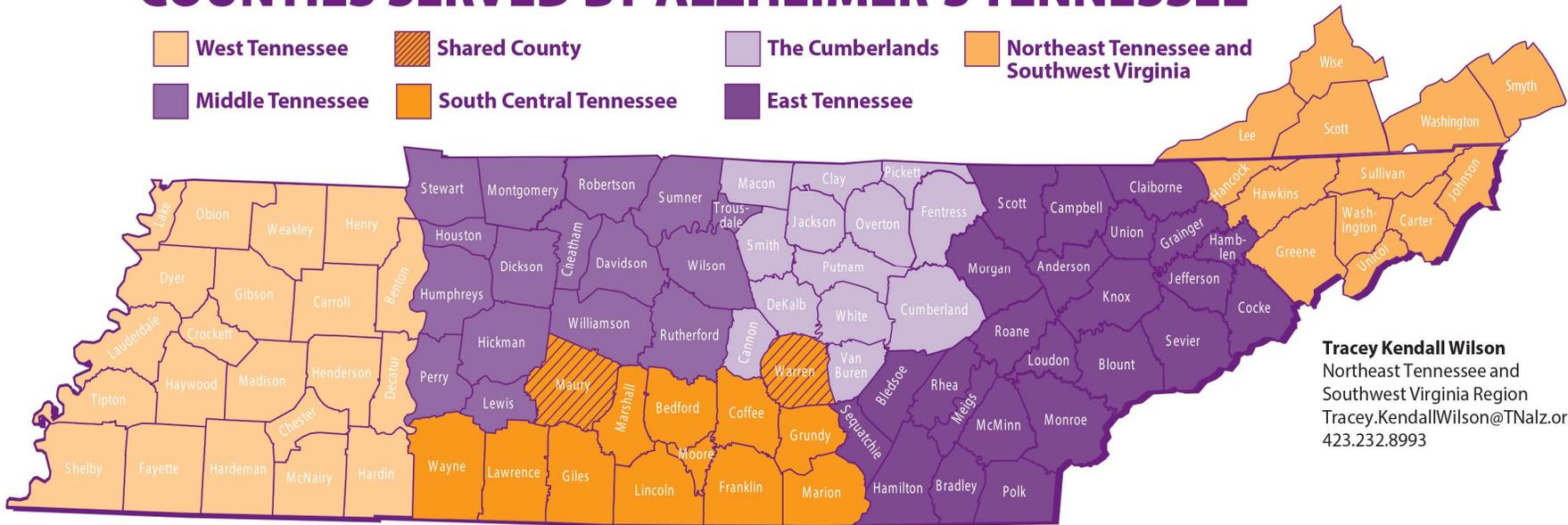
Poem by Doug Brown



1 800 259-4283

COUNTIES SERVED BY ALZHEIMER'S TENNESSEE

- West Tennessee
- Shared County
- The Cumberlands
- Northeast Tennessee and Southwest Virginia
- Middle Tennessee
- South Central Tennessee
- East Tennessee



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