

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

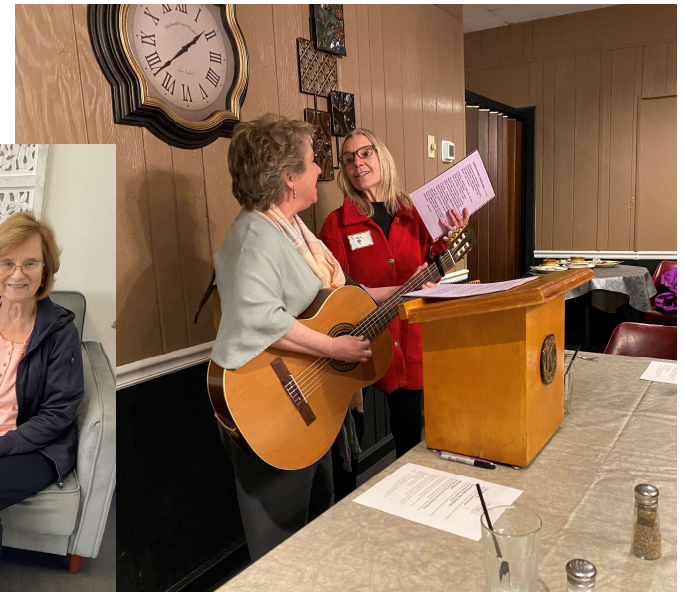


Planting Flowers



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:

Tracey Kendall Wilson

Northeast TN / Southwest VA Regional
Director

Tracey.KendallWilson@TNalz.org



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: 



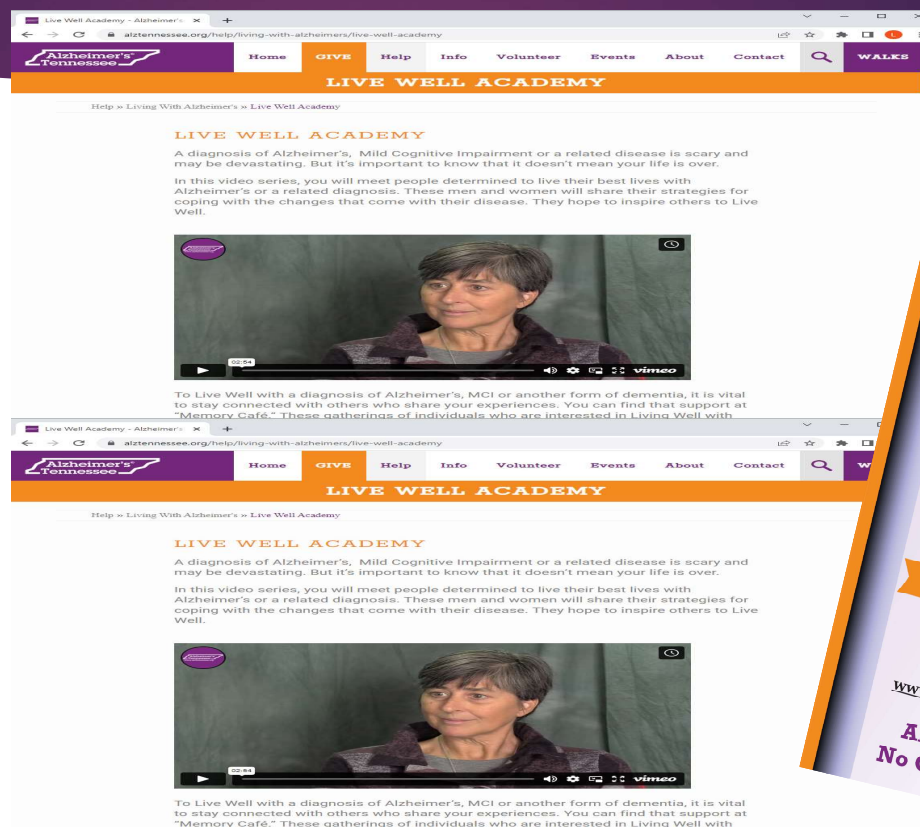
Heart Sing! Chorus



"What You Need to Know Brochure"

- ▶ Brochure
- ▶ Live Well With Diagnosis academy

alzTennessee.org/livewell



**Diagnosed with
Cognitive Impairment
(Memory Loss)?**
What you need to know...

A pamphlet written by
Persons Living with Dementia



"Stay positive and stay connected."
— Ed, diagnosed 4 years

**Alzheimer's
Tennessee**
www.alzTennessee.org

Video links in this publication are
from conversations with individuals
diagnosed with Cognitive Impairment.

Find this pamphlet online at:
www.alzTennessee.org/WhatYouNeedtoKnow

**Alzheimer's: A Journey
No One Should Take Alone**

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



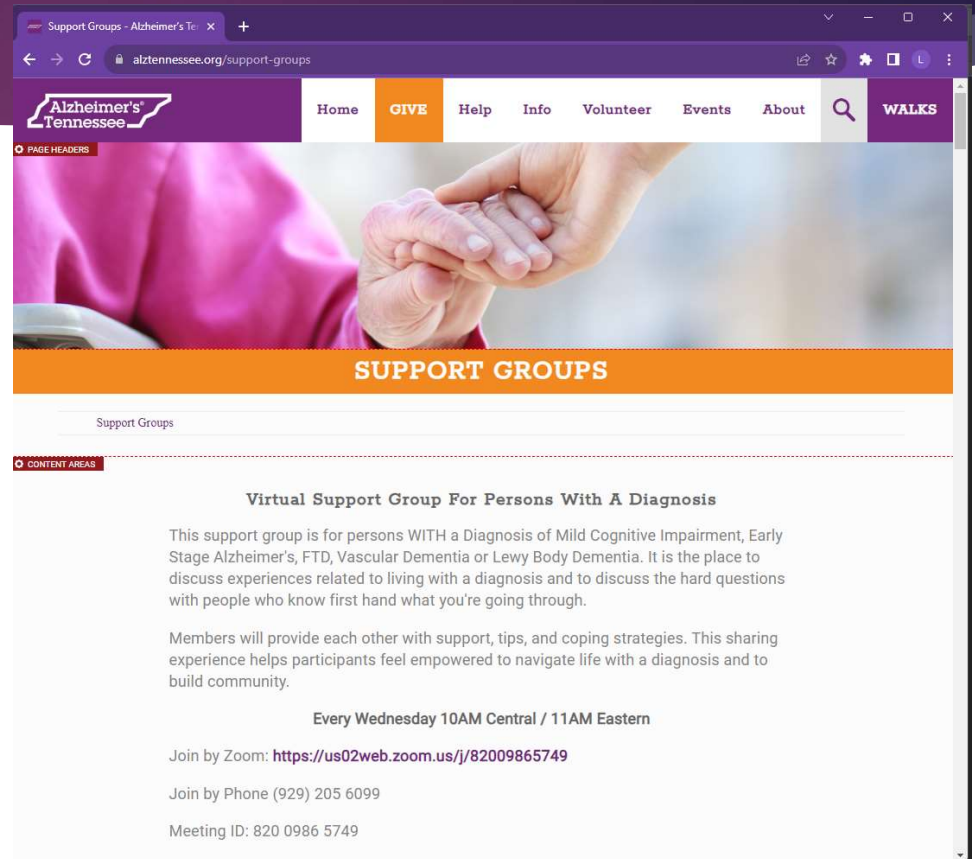
For Care Partners

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



Connections for the Care Partner

“Dementia Caregivers Community” Podcast

<https://alzTennessee.org/Podcast>



Write a Prescription for Social Engagement!

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

Rx
EAST TENNESSEE
Knoxville, TN 37919
865.544.6288

MIDDLE TENNESSEE
Nashville, TN
615.580.4244

NORTHEAST TENNESSEE & SOUTHWEST VIRGINIA
Johnson City, TN
423.232.8993

THE CUMBERLANDS
Cookeville, TN
931.526.8010

SOUTH CENTRAL TENNESSEE
Tullahoma, TN
931.434.2348

WEST TENNESSEE
Jackson, TN
731.694.8065

Alzheimer's Tennessee
Make Alzheimer's a Memory.
www.alzTennessee.org

24/7 HELPLINE
Your GATEway to Services
1 (800) ALZ-GATE
1-800-259-4283

NAME _____ DATE _____

☐ Education
☐ Caregiving Strategies
☐ Care-Planning
☐ Community Services
☐ FREE Local Helpline
☐ Enrichment Sessions

☐ Caregiver Support Groups - (Person & Online)
☐ Respite Services
☐ Research - Clinical Trials
☐ Memory Cafe - support group for person's with MCI, early stage Alzheimer's, Vascular Dementia - (Person & Online)

Signature _____
Referred by _____

Alzheimer's Tennessee

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.

- A 24 hour / 7 day a week Helpline - 1-800-ALZ-GATE (1-800-259-4283)
- 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 an on-line sensory experience to better understand living with dementia call 1-888-326-9888 to schedule
- **In-service training for Law Enforcement and other first responders** 1-888-326-9888 Tennessee Tollfree
- **First Responder Training for Law Enforcement** 1-888-326-9888 Tennessee Tollfree
- **Alzheimer's Care Training** – a curriculum for direct care staff
- **Alzheimer's ICT Alzheimer's Care Training** – a curriculum for direct care staff
- **Contact Cheryl Blanchard** Cheryl.Blanchard@TnAlz.org
- **Brochures available on Alzheimer's disease, FTD, Lewy Body Disease, stages of dementia, communication, behavior, resources and many more. Brochures are also available in Spanish.**

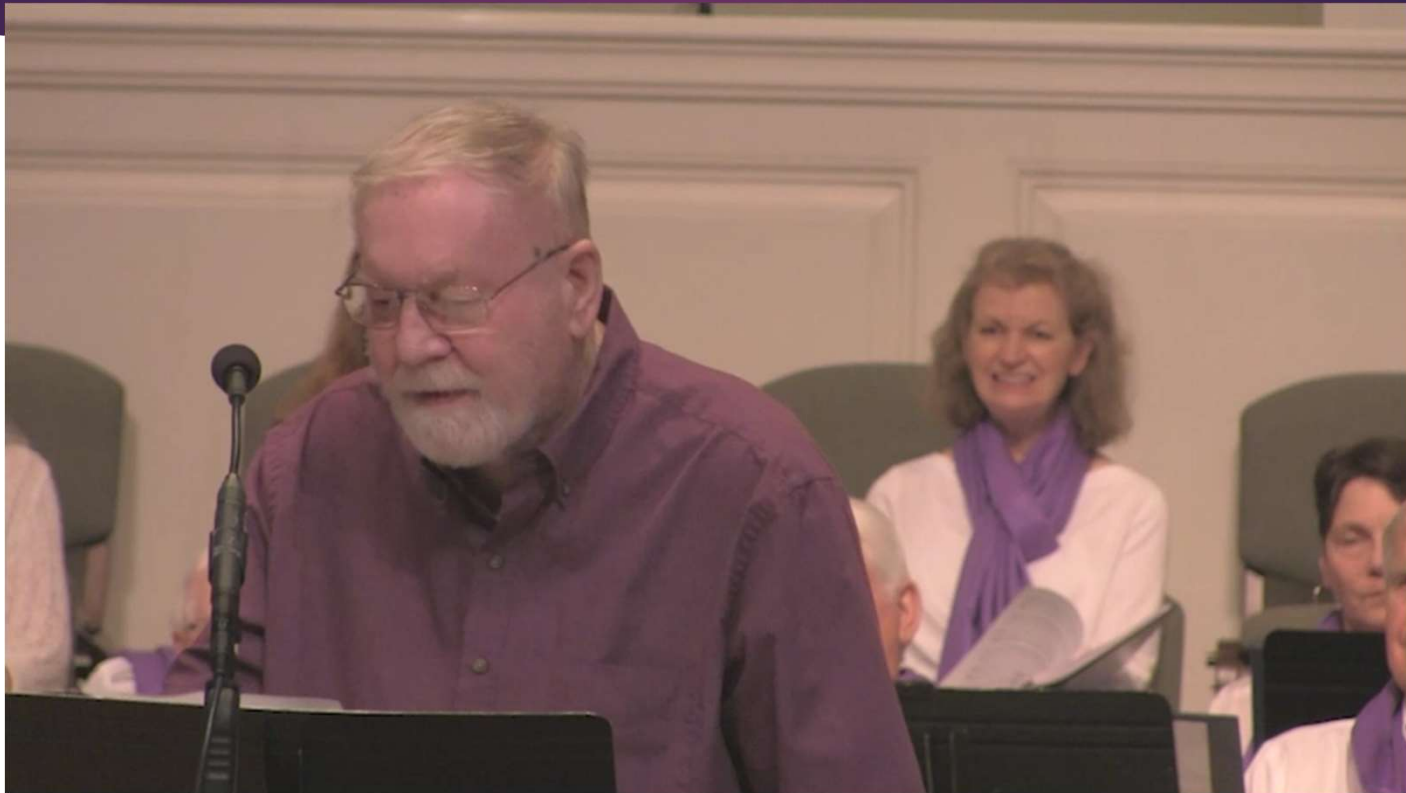
- Alzheimer's Tennessee also provides **Resource Referrals** Helping families identify community resources to assist with living at home, as well as respite care, hospice care, and understanding options for long term care
- Alzheimer's Tennessee also provides **Family Consultations and Care-Planning**. 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 Tennessee Tollfree
- **Alzheimer's Academy** – short videos available on a variety of topics for caregivers (available in Spanish) www.alzTennessee.org/academy

- **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 twice monthly, in person, for activities www.alzTennessee.org/supportgroups Jill.Ledger@TnAlz.org 1-800-259-4283 Jill.Ledger@TnAlz.org
- **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
- **Heart Sing 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/hsing
- **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@TnAlz.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@TnAlz.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 life-saving information and tools to help rescuers find your missing loved one. The information is also available on our website at www.alzTennessee.org/silveralert

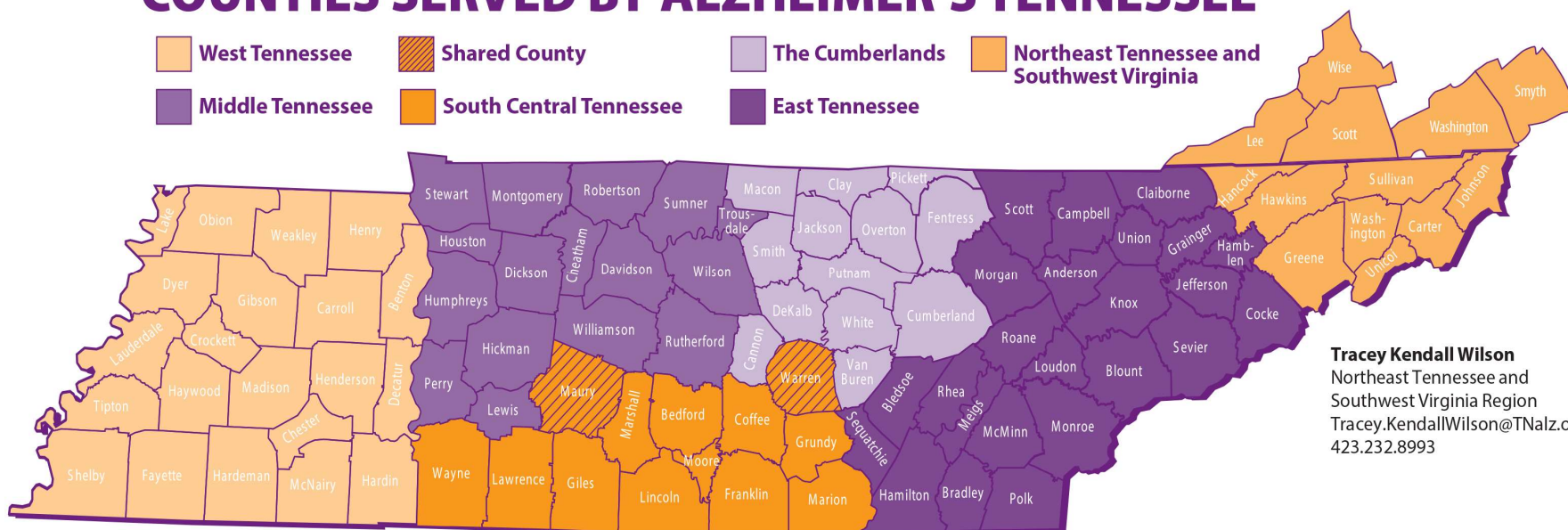
The Last Word

Poem by Doug Brown



1 800 259-4283

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