

TN ADRD ADVISORY COUNCIL

November 14, 2024

Call to Order

Roll Call

Old Business

New Business

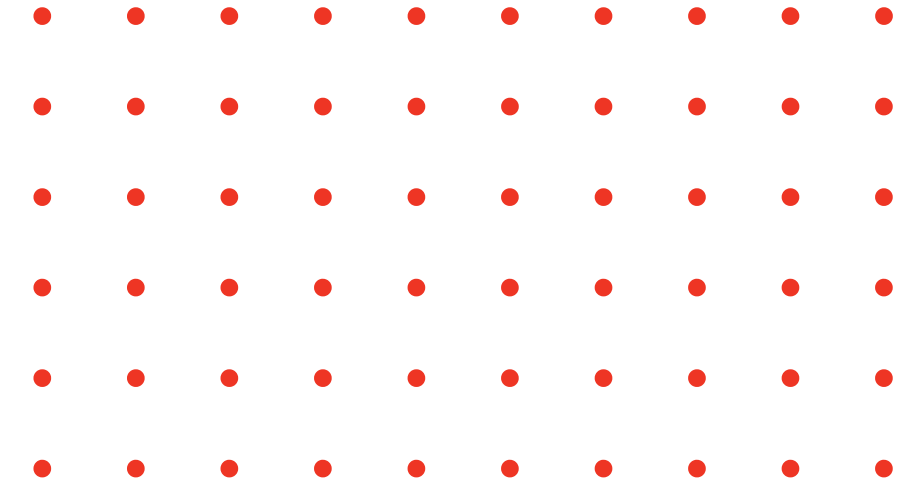
- **November: National Family Caregiver Month**
- **Goal #2 2023 Survey Response Review**
- **Trifold Review**
- **TN Caregiver Supports**
 - **GUIDE**
 - **Dementia Navigators**
 - **TDAC Caregiver Workgroup**

Council Member Comments/Announcements

Public Comment

Next Council Meeting

Adjournment



AGENDA

ROLL CALL



OLD BUSINESS



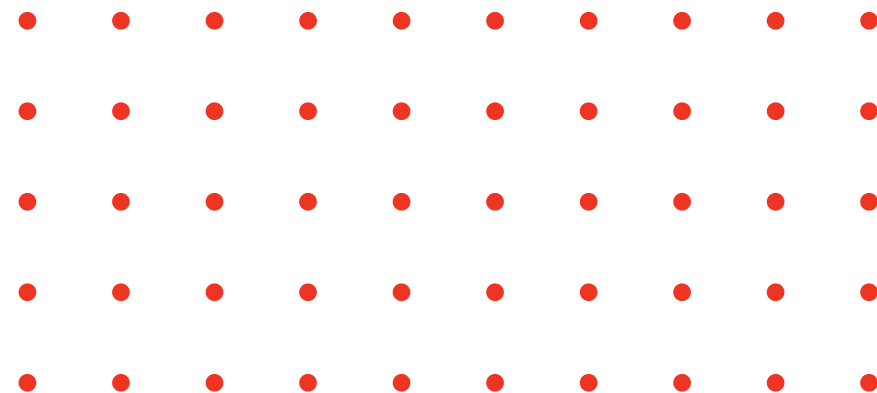
NEW BUSINESS




NOVEMBER: NATIONAL FAMILY CAREGIVER MONTH

GOAL #2 2023 SURVEY RESPONSE REVIEW

- How can we effectively collect and track metrics and activities to showcase the efforts supporting the implementation of the TN ADRD State Plan?

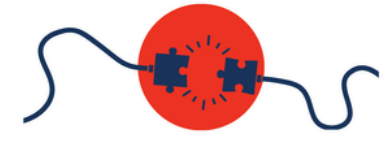


WHAT TO DO NEXT: FOLLOWING AN ALZHEIMER'S OR DEMENTIA DIAGNOSIS




WHAT IS DEMENTIA?

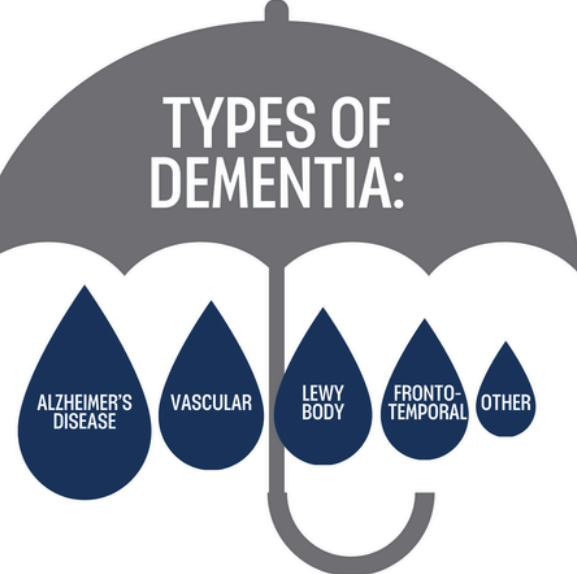
Dementia describes a **group of symptoms** that may include memory loss, difficulties with thinking, problem-solving, or language, and often changes in mood, perception, or behavior. These symptoms become more severe over time, enough to interfere with daily life.



SCAN ME


To learn more about the state of Tennessee Alzheimer's & Related Dementia Advisory Council.





TYPES OF DEMENTIA:


- ALZHEIMER'S DISEASE
- VASCULAR
- LEWY BODY
- FRONTO-TEMPORAL
- OTHER



WHAT TO DO NEXT:

Following an Alzheimer's or Dementia Diagnosis

MATERIALS DEVELOPED BY:



Tennessee Department of Health Authorization No. 200000X.
This Electronic publication was promulgated at zero cost.
November 2024

LEARN ABOUT ALZHEIMER'S DISEASE & RELATED DEMENTIA (ADRD)

How Alzheimer's Changes the Brain (Video)
English: tinyurl.com/NIHADRDEnglish
Spanish: tinyurl.com/NIHADRDSpanish

TN Department of Health
tinyurl.com/TNDeptofHealthADRD

Alzheimer's Tennessee
24/7 Helpline 800.259.4283
alztennessee.org

Alzheimer's Association Tennessee Chapter
24/7 Helpline 800.272.3900 alz.org/tn

About Alzheimer's Disease
tinyurl.com/CDCAboutAD

What You Need to Know
tinyurl.com/AlzTNWhatYouNeed

CAREGIVER SUPPORT

National Family Caregiver Support Program (NFCSP) Helpline 866.836.6678
tinyurl.com/TNNFCSP

Adult Day Services tinyurl.com/TDHSAdultDay

Home & Community-Based Services (HCBS): OPTIONS for Community Living
tinyurl.com/OPTIONSComLiving

TN Caregiver Coalition tncaregiver.org

Alzheimer's TN: Caregiver Academy Videos
tinyurl.com/AlzTNCaregiver

Family Caregiver Resources for TN
tinyurl.com/AARPTNCaregivers

Alzheimer's Caregiving
tinyurl.com/NIHCaregivingHelp

REMAIN SAFE

Home Safety tinyurl.com/AlzAssocSafety

Alzheimer's Caregiving: Home Safety Tips
tinyurl.com/NIHSafety

Falls Prevention tinyurl.com/NCOAFallsPrev

50 Tips to Help Keep Dementia & Alzheimer's Patients Safe in Your Home
tinyurl.com/AARPHomeSafety

Driving Evaluation: Specialists & Providers
myaota.aota.org/driver_search/

Dementia & Driving
tinyurl.com/DementiaandDriving
tinyurl.com/FCADementiaandDriving

Silver Alert Kit tinyurl.com/AlzTNSilverAlert

Tips for Living Along with Early-Stage Dementia
tinyurl.com/NIHTipsEarlyStage

LEGAL, FINANCIAL, & LONG-TERM PLANNING

Advance Directives TN (AD@WorkTN)
tinyurl.com/ADatWorkTN

Managing Money Problems for People with Dementia tinyurl.com/NIHLegalFinancial

Getting Your Affairs in Order Checklist: Documents to Prepare for the Future
tinyurl.com/NIHAffairsinOrder

TN Senior Law Alliance
Legal Helpline 800.238.1443 las.org

TN Elder Law Lawyers
tinyurl.com/TNElderLawLawyers

LongTermCare.gov acl.gov/ltc

TN CHOICES Program tinyurl.com/TNCHOICES

Benefits CheckUp benefitscheckup.org

Veterans Benefits tinyurl.com/VABenefitsADRD

LEARN ABOUT ADRD RESEARCH TRIALS

Research Connection tinyurl.com/AlzTNResearch

Clinical Trials: Search & FAQ
alzheimers.gov/clinical-trials

Pat Summitt Clinic 865.305.2273
tinyurl.com/PatSummittKnoxville

University of TN Health Science 901.448.5500
tinyurl.com/UTHSCPainDementia

Vanderbilt Memory & Alzheimer's Center
615.322.8676 vanderbiltmemory.com

Trial Match alz.org/trialmatch

STAY HEALTHY

Be Active! Exercise helps people with Alzheimer's feel better and supports muscle, joint, and heart health. tinyurl.com/NIHAdaptingActivities

Eat a **balanced diet** with fruits, veggies, and whole grains. tinyurl.com/NIHHealthyEating

Enjoy **visits** with loved ones, **hobbies**, and **outings**. tinyurl.com/AlzAssocInclusiveActivities

Schedule **regular checkups** with your doctor or specialist. tinyurl.com/AlzAssocCareofSelf & tinyurl.com/NIHMedicalCare

Consider a **memory disorders clinic**—ask for a referral if needed.

Caregivers/partners should focus on their health too! tinyurl.com/NACDDRiskReduction (English/Spanish)

OTHER RESOURCES

TN Department of Aging & Disability
tinyurl.com/TNDeptAgingDisability & tinyurl.com/AreaAgenciesAgingDisability

TN Disability Pathfinder tnpathfinder.org

TN CAREGIVER SUPPORTS

- **GUIDE**

- Liz Hall | Alzheimer's Association

- **Dementia Navigators**

- Keita Cole | TN Division of Disability & Aging
 - Chelsea Ridley | TN Department of Health

- **TDAC Caregiver Workgroup**

- Donna Cella | ElderCARE LLC & Chair of the TDAC Caregiver Workgroup





COUNCIL MEMBER COMMENTS/ANNOUNCEMENTS

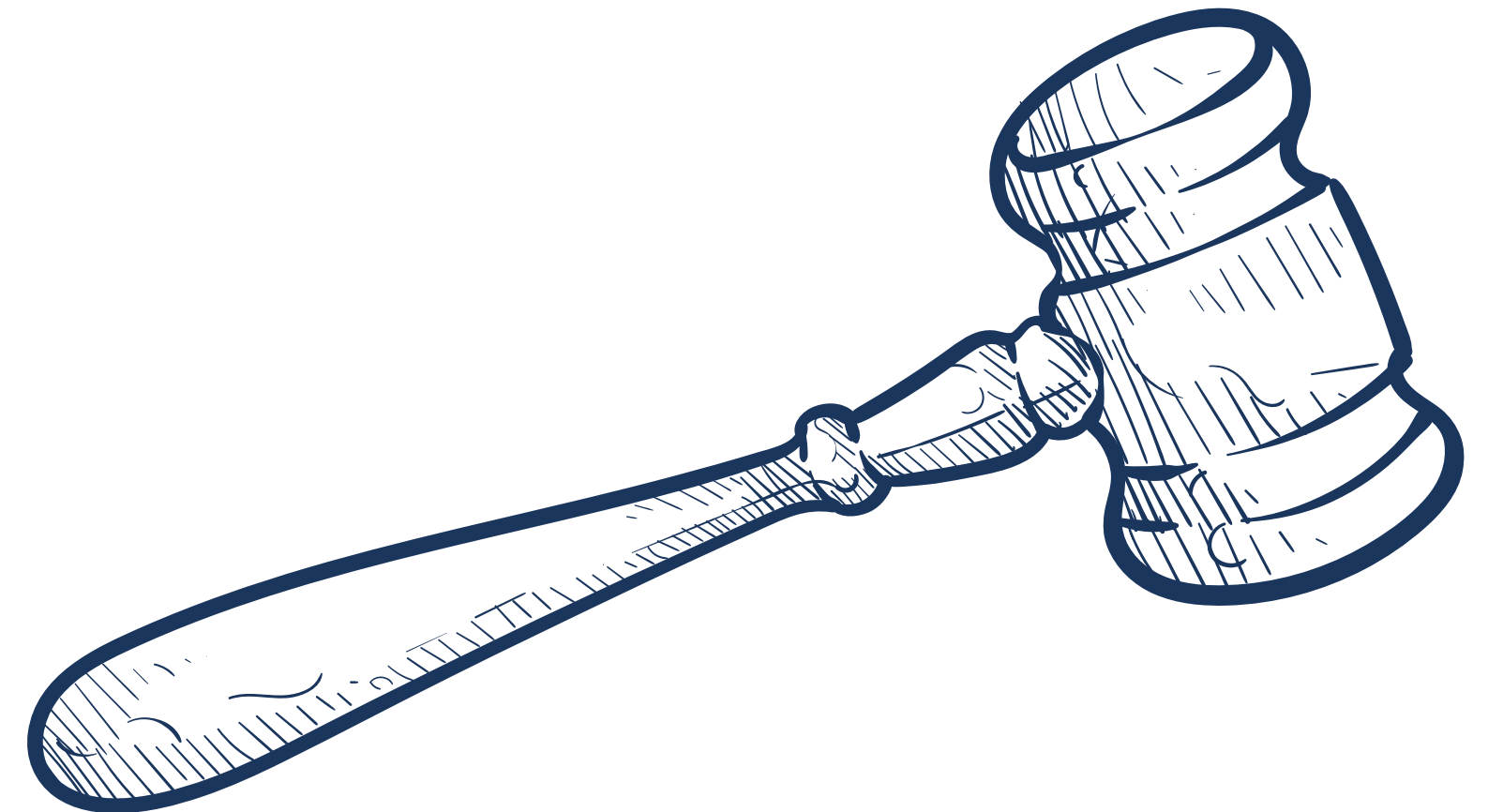
PUBLIC COMMENT

- Tiffany Cloud-Mann | AgeWell
 - *Topic:* ElderCare Coach

NEXT COUNCIL MEETING

- February 20, 2025

ADJOURNMENT





For additional questions/comments contact
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