

1 Learn about Alzheimer's disease and related dementias

- Alzheimer's Association Tennessee Chapter www.alz.org/tn
24/7 Helpline 800.272.3900
- Alzheimer's Tennessee www.alztennessee.org
24/7 Helpline 800.259.4283
- Living Well with Alzheimer's Disease bit.ly/tnalzdiagnosis
- Tennessee Commission on Aging bit.ly/tnaging
- Tennessee Department of Health bit.ly/tnalzpatientcare
- Understanding Alzheimer's Disease & Dementia bit.ly/whatisAD
- What You Need to Know: Written by Individuals with a Diagnosis <https://bit.ly/3Fukj0l>

2 Complete legal, financial and long-term planning

Advance Directives TN bit.ly/tnadvancedirectives

Learn about care you may need in the future and how to pay for it:

- Explore getting help to pay for medicines, housing, transportation, and more. www.benefitscheckup.org
- LongTermCare <https://acl.gov/ltc>
- Long Term Care in Tennessee bit.ly/ltcChoices

Get information to help you plan.
bit.ly/ADplanning

Review finances, prepare or update your will, living will, health care power of attorney, and financial power of attorney.
bit.ly/ADfutureplans

Resources for finding an attorney.

- Tennessee Elder Law bit.ly/tnelderlaw
- Tennessee Senior Law Alliance 1-844 HELP4TN
<https://las.org/>

3 Obtain Support for Care Partner

- Adult Day Services bit.ly/tnadultdayservices
- Alzheimer's Tennessee Video Caregiver Academy www.alztennessee.org/Academy
- National Family Caregiver Support Program bit.ly/tncaregiversupport
- OPTIONS for Community Living bit.ly/tnoptions
- Tennessee Respite Coalition <https://bit.ly/tnrespitcoalition>

4 Remain Safe at Home

- Falls Prevention bit.ly/alzpreventfalls
- Get Home-Safety Tips bit.ly/caregiversafety
- Home Safety Checklist bit.ly/mysafetychecklist

5 Staying Safe on the Road

Ask your doctor for names of driving evaluators or visit:

- American Occupational Therapy Association bit.ly/drivingeval
- Driving & Dementia bit.ly/drivesafe123

6 Learn about Alzheimer's disease and related dementias

- Alzheimer's Tennessee Research Connection bit.ly/joinatrialtn
- Alzheimer's Association Trial Match <http://alz.org/trialmatch>
- National Institutes on Health bit.ly/ADTrials
- Pat Summitt Clinic <https://bit.ly/3FqsnPz-PSC>
865.305.2273
- University of Tennessee Health Science Center, Memphis, Tennessee <https://www.uthsc.edu/>
901.448.5500
- Vanderbilt Memory & Alzheimer's Center www.vanderbiltmemory.com
615.322.8676

7 Stay Healthy

Be Active! Getting exercise helps people with Alzheimer's feel better and helps keep their muscles, joints, and heart in good shape. bit.ly/ADexercise

- Care Partners should also pay close attention to health and wellbeing. bit.ly/healthycaregiving
- Consider going to a memory disorders clinic. Ask your doctor for a referral if desired.
- Continue to enjoy visits with family and friends, hobbies, and outings.
- Eat a well-balanced diet that includes fruits, vegetables, and whole grains. bit.ly/eatwell123
- Make regular appointments with your primary care doctor or specialist (neurologist, neuropsychiatrist, geriatric psychiatrist). Ask your primary care doctor for a referral to a specialist.

8 Find Local Services

- **Alzheimer's Association Tennessee Chapter Local Office** 615.315.5880
- **Alzheimer's Tennessee Local Office** 865.544.6288
- **Area Agencies on Aging & Disability**
Call 866.836.6678 from anywhere in the state to be automatically directed to your nearest Area Agency. <https://bit.ly/33lnuu3>
- **The Alzheimer's Association and AARP** host a comprehensive website www.CommunityResourceFinder.org Enter your zip code to find medical services, community programs, housing options and other services near where you live.
- Alzheimer's is a disability. **TNPathfinder** can help navigate resources and care planning. TNPathfinder.org

9 Find Local Support Groups

- **Alzheimer's Tennessee**

<https://bit.ly/tnalzsupport>

Cumberlands Tennessee: 931.526.8010

East Tennessee: 865.544.6288

Middle Tennessee: 615.580.4244

Northeast Tennessee: 423.232.8993

South Central Tennessee: 931.434.2348

West Tennessee: 731.694.8065

- **Alzheimer's Association**

bit.ly/alzcommunitysupportgroups

Chattanooga: 423.265.3600

Knoxville: 865.200.6668

Memphis: 901.565.0011

Nashville: 615.315.5880

TYPES OF DEMENTIA

Dementia is an umbrella term for loss of memory and other thinking abilities severe enough to interfere with daily life.



Alzheimer's



Vascular



Lewy body



Frontotemporal



Other, including Huntington's

Mixed dementia:

Dementia from more than one cause

Scan Here

to learn more about the resources and services in your area



What to Do Next

After an Alzheimer's or Dementia Diagnosis

Materials developed by the State of Tennessee Alzheimer's Disease and Related Dementia Advisory Council