

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 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.



Helpline / Information & Referral

Call 865.544.6288 or 931-5526-8010 to speak confidentially with a trained Helpline specialist who will provide information, support and referrals to local resources.

Here for YOU

- Family Counseling & Care-Planning
- Education & Resource Referrals
- Caregiver Training
- FREE Local Helpline
- Support Groups
- Adult Day Services
- Advocacy & Research



Our 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 local 501(c)3 not for profit organization that has been HERE for families facing Alzheimer's since 1983. 100% of funds raised benefit Tennesseans facing Alzheimer's disease and related dementias by providing help and hope through care consultations, education, support groups, research and more.

www.alzTennessee.org

www.facebook.com/AlzTN

www.facebook.com/AlzTNCumberlands

East TN Office
5801 Kingston Pike
Knoxville, TN 37919
865.544.6288

The Cumberlands Office
1459 Interstate Dr., Ste 211
Cookeville, TN 38501
931.526.8010

Toll Free 888.326.9888



Early to Middle Stage Alzheimer's Disease

Practical Tips and Strategies



Early to Middle Stage Alzheimer's Disease

Signs and Symptoms

Signs and symptoms of early stage Alzheimer's can be confused with other causes of memory loss. See your doctor for an accurate diagnosis.



Early Stage Signs:

- Mild memory loss. Changes in behavior or personality.
- Difficulty remembering names of familiar people, places, and events.
- Inability to solve simple math problems or balance a checkbook.
- Difficulty planning and organizing (such as making a grocery list and finding items in the store).

Middle Stage Signs:

- May not always recognize close friends or family.
- Increased need for assistance with daily activities.
- Surroundings may seem unfamiliar because the past is confused with the present.
- Restlessness or wandering, especially in late afternoon and at night.
- Problems with language, reading, writing & numbers,
- May be suspicious, irritable, fidgety or teary.
- May see or hear things that are not there.

What Can I Do as a Caregiver?

1. Go with your loved one to the doctor and be open about symptoms.
2. Have early and honest discussions about care options—living will, power of attorney, and possible future living arrangements.
3. Discuss adding your name to bank accounts.
4. Create memories. Work on a memory scrapbook with lots of color and texture. Include pictures of loved ones with their names.
5. Make a list of the individual's current abilities that may help diminish their disabilities.
6. Attend workshops and learn all you can about Alzheimer's disease.
7. Begin creating an extended support system to assist when you are not available.
8. Make sure self-care is at the top of your priority list.
9. Maintain a respectful attitude and demeanor.
10. Be patient. Support is helpful. Arguing is not.
11. Consider joining a research study.

If You're Concerned...

- Contact Alzheimer's Tennessee for further information and a referral to an assessment clinic.
- Not all memory problems are related to dementia. An assessment by a team of healthcare professionals will help to rule out other health issues.
- Obtaining an accurate medical diagnosis will help determine your individual treatment and planning goals.
- Early diagnosis is very important. Medications currently available are most effective early in the disease process.

