

Find Resources

Certified Eldercare Attorneys. These legal professionals can help make decisions about wills, living wills, and burial arrangements.

Local Funeral Homes. The funeral home of your choice can guide you through the process of making burial decisions.

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 visit our website for locations and times.

Helpline / Information & Referral

Call 865.544.6288 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

Main Office
5801 Kingston Pike
Knoxville, TN 37919
865.544.6288

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

Statewide Toll-Free 888.326.9888



Late Stage Alzheimer's Disease

Practical Tips and Strategies



Late Stage Alzheimer's Disease

What to Expect

- Difficulty walking and communicating.
- Surroundings may seem unfamiliar because the past is confused with the present.
- Wandering out of familiar areas may occur and may become worse after sunset.
- Incontinence of bowel and/or bladder.
- Sensitivity to food textures or forgetting to swallow.
- Inability to recognize hunger.
- Difficulty swallowing.
- Weight loss, even with a good diet.
- May put inappropriate objects in mouth.
- May see or hear things that are not there.
- May have periods when their facial expression is blank with or without moments of awareness.
- May sleep more.
- Can still benefit from touch and attention.

An Informed Approach

- **If there is a living will, distribute it to family members and all health care providers so everyone understands.**
- **If a living will has not been completed, talk to the doctor and know the facts. Ask your doctor about the benefits of feeding tubes and intravenous hydration.**
- **Comfort care (aka Palliative Care) focuses on quality of life rather than prolonging life. Hospice programs provide comfort care to individuals in the final stages of life.**
- **Make informed decisions by:**
 - **Focusing on the individual's wishes**
 - **Weighing the pros and cons of each treatment.**
 - **Considering the location for care.**
 - **Reflecting on the individual's values.**
 - **Involving an objective third party (i.e. clergy or attorney) to resolve family conflicts.**

Comfort Care Tips and Strategies

- **Read to your loved one.**
- **Make or review a scrapbook or photo album.**
- **Play or sing music from your loved one's era.**
- **Touch is comforting. Stroke the individual's hand or brush their hair.**
- **Your time and loving energy are the best gift you can give.**
- **Help is available. Call Alzheimer's Tennessee.**

