



ENGAGING Communities



Promoting age and dementia-friendly communities by providing education and resources for those who serve older adults and their caregivers in faith-based and religious communities

WWW.UTC.EDU/ENGAGING

empowering congregations to support older adults and their caregivers

Fast Facts

- In 2021, there were **58 million older adults** in the United States.
- There are an estimated **6.5 million older adults living with dementia** in the United States.
- Approximately **10%** of individuals **65 years and older are affected by dementia**.
- African Americans experience dementia at **twice the rate** of White Americans.
- Dementia affects Hispanics at a **rate of 1.5 times** that of White Americans.
- Tennessee caregivers provided **over 496 million hours** of unpaid care in 2022.

Role of Faith-Based Communities

The bond of shared faith and religious beliefs provides an opportunity for faith-based communities to provide trusted information and support for older adults and caregivers in their congregations and neighborhoods promoting healthier congregations, families, and individuals which leads to healthier communities.



engAGING Communities Programs

Learning sessions on the following topics:

- Healthy Aging
- Grandfamilies
- Dementia
- Caregiving
- Advance Care Planning/ Legal
- Transitions of Care/ Hospice
- Disaster Planning
- Elder Abuse
- Age Friendly Communities



Partner Highlight **Alter**

Alter guides and equips predominantly African American places of worship to become trailblazing Dementia-friendly faith communities.

Partner Highlight **Heart Tones™**

Promoting healthcare decision-making through Advance Care Planning conversations, education, and preparation that helps bridge disparity gaps for Black Americans.

Contact Information: Text 423-402-0330 or e-mail Stephanie-Blaine@utc.edu

Answering the Call



Review Resources

Access comprehensive handouts, reference materials, and online resources to continue your learning journey long after the workshop concludes. Be equipped with the tools you need to make a difference in the lives of those you care for and minister to.

Build Community

Engage in interactive discussions, workshops, and panel sessions. Network with fellow attendees, share experiences, and build a supportive community focused on excellence in caregiving.



Hear from the Experts

Our lineup of speakers and facilitators will provide invaluable insight, practical tips, and real-world guidance on the complex landscape of aging, caregiving, and well-being. Their knowledge will empower you to make informed decisions and create positive change in the lives of older adults and caregivers.





Educational Workshops

Are you ready to enhance your knowledge and skills in the realm of aging, caregiving, and promoting healthy lifestyles? Join us for an immersive and enlightening educational workshop tailored to leaders, volunteers, older adults, and caregivers like you!

Explore Engaging Topics: Healthy Aging, Grandfamilies, Dementia, Caregiving, Advance Care Planning/ Legal, Transitions of Care/ Hospice, Disaster Planning, Elder Abuse, Age Friendly Communities.

Learn from the Experts: Our lineup of speakers and facilitators will provide invaluable insight, practical tips, and real-world guidance on the complex landscape of aging, caregiving, and well-being. Their knowledge will empower you to make informed decisions and create positive change in the lives of older adults and caregivers.

Connect and Collaborate: Engage in interactive discussions, workshops, and panel sessions. Network with fellow attendees, share experiences, and build a supportive community focused on excellence in caregiving.

Resource Materials: Access comprehensive handouts, reference materials, and online resources to continue your learning journey long after the workshop concludes. Be equipped with the tools you need to make a difference in the lives of those you care for and minister to.

Sign-up Today: Our workshops are designed to bring communities and congregations together. Our team will work with a contact person to identify a host site, plan the event, coordinate the agenda, and ensure that participants have a valuable and enriching experience. All expenses for the host site will be covered by engAGING Communities. Sign-up at bit.ly/BOOKengAGING

For inquiries, contact Stephanie via text 423-402-0330 or e-mail Stephanie-Blaine@utc.edu

Don't miss out on this chance to fill your toolbox with the knowledge and skills to provide compassionate and effective care for your congregation, family, and community. Be a driving force in creating a brighter future for older adults and caregivers alike.



Partner Program Descriptions + Events

Alter

Alter partners with African American churches to guide and equip them to become trailblazing Dementia-friendly faith communities. Alter offers several tools to help faith communities learn and grow. alterdementia.com

Virtual Introductory Sessions: 3rd Thursday of Each Month. tinyurl.com/AlterProgram

Contact Information: outreach@alterdementia.com (770) 686-7730



Alzheimer's Association: Tennessee Chapter

The Alzheimer's Association leads the way to end Alzheimer's and all other dementia — by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support. Each local chapter provides Alzheimer's care, support, and advocacy. 24/7 Helpline: 800.272.3900. alz.org/tn

Contact Information: dawilson@alz.org (901) 800-8827

Heart Tones™ : Advance Care Planning for African Americans (ACP for AA™)

Heart Tones™ offers an Advance Care Planning program designed for African American families and communities. The program aims to promote healthcare decision-making by encouraging conversations, providing education, and aiding in preparing Advance Care documents to help reduce healthcare disparity gaps among Black Americans. The program includes the Let's Talk About ACP workshop where individuals may be considered to become certified facilitators. If you're interested in getting your church or organization involved,

[Click Here to complete "Let's Talk About ACP" Get Started Questionnaire](#)

Contact Information: gloria@hearttones.com (913) 433-3877



Honoring Choices® Tennessee

Honoring Choices Tennessee equips Tennesseans to discuss health care decisions (particularly end-of-life healthcare decisions), document their choices and enjoy greater peace of mind and quality of life as a result. When you see a doctor or check into a hospital, one of the first questions you'll be asked is "Do you have an advance directive?" Health experts will tell you that advance directives (Healthcare Power of Attorney and Living Will) are essential to equitable quality patient care. advancedirectivestn.org

Contact Information: pmartin@honoringchoicestn.org (615) 268-8000

Tennessee Alliance for Legal Services (TALS): Document Clinic

TALS can provide information and education about legal issues and concerns that arise as we age. This information can assist individuals, families, caregivers, community partners, and congregations to ensure that the correct documents are in place before they are needed. TALS also operates the 1-844-HELP4TN legal helpline that provides free, civil legal advice to Tennesseans as well as Tennessee Free Legal Answers, an online portal where Tennesseans can receive answers to civil legal questions. tals.org Watch for information on document clinic times, dates, and locations.

Contact Information: lbrown@tals.org (615) 775-9684



Community Partner Programs + Resources

Dementia Friends

A Dementia Friend is anyone who watches a series of on line videos to learn more about what it's like to live with dementia, then takes action to show their understanding and support. Dementia Friendly Communities are compassionate places where those with dementia can live with respect and dignity.

Virtual Information Sessions: 2nd Wednesday of each month from 10:30am- 11:30am ET e-mail

dementiafriendstn@cherokeehealth.com for the Zoom link

Visit dementiafriendsusa.org/become-a-dementia-friend to become a dementia friend!

Vanderbilt Memory and Alzheimer's Center (VMAC)

If your congregation would like to host an event to support community education on Alzheimer's, we are a resource to support you in that effort. vanderbiltalzheimers.com

Request a Speaker

The Vanderbilt Memory and Alzheimer's Center provides speakers for a short talk at weekly services, monthly club or group meetings, recorded public service announcements, single 30-60 minute presentations, or a scheduled three-part series on:

Alzheimer's 101

The Brain+Heart Connection

Sleep and Nutrition

Host a Memory Screening

Attendees receive information on Alzheimer's signs and symptoms, brief cognitive screening, and referral to care as needed. This event requires the use of a room with a door or an area that can be partitioned off to provide privacy during the 10-15 minute screening.

Contact Information:

pam.cowley@vumc.org

(615) 875-3175

Area Agencies on Aging and Disability (AAAD)

In Tennessee, the Area Agencies on Aging and Disability (AAAD) provide services and support to older adults and people with disabilities in various regions of the state. The AAADs are responsible for offering a range of programs and resources to assist individuals in maintaining their independence, improving their quality of life, and accessing necessary services. These agencies typically offer services such as information & referral, nutrition programs, transportation services, caregiver support, etc. tn.gov/aging

Call 1-866-836-6678 from anywhere in the state to be automatically directed to your nearest AAAD.

Opioid Overdose Prevention Training

The Hamilton County Coalition serves the state by providing virtual trainings and having Regional Overdose Prevention Specialist (ROPS) statewide. Discover the challenges and opportunities you face in a world where addiction is a growing crisis and discover what you can do to save a life.

- Learn how to identify the signs of an overdose
- Learn what to do in those critical moments
- Learn about treatment resources
- Learn how to prevent an overdose

To register for a virtual training visit hccoalition.org/overdose-awareness-trainings

[Regional Overdose Prevention Specialists \(ROPS\) contact list](#)

Menu of Services + Contact Information

Congregational Care

Alter

Dr. Fayron Epps

alterdementia.com

outreach@alterdementia.com

(770) 686-7730

Caregiving

Alzheimer's Association

Dayisia Wilson

alz.org/tn

dawilson@alz.org

(901) 800-8827

Mental Health

CIT Connect

Eve Nite

citconnect.org

eve@citconnect.org

(865) 934-9033

Advance Care Planning

Heart Tones

Dr. Gloria Thomas Anderson

hearttones.com

gloria@hearttones.com

(913) 433-3877

Advance Directives

Honoring Choices Tennessee

Phil Martin

advancedirectivestn.org

pmartin@honoringchoicestn.org

(615) 268-8000

Legal Services

TALS

Laura Brown

tals.org

lbrown@tals.org

(423) 605-0082

Successful Aging

Speaker: Kristi Wick

Credentials: DNP, FNP-BC, GS-C

Title: VBG Chair, Assistant Professor

Organization: UTC School of Nursing

Objectives:

1. Define Successful Aging
2. Identify strategies older adults can use to maximize their health and happiness.
3. Introduce community resources to support successful aging, maximize quality of life, safety, and function.

Describe the Problem (Topic): We are all getting older; however, we all can age successfully. Determining “what matters most” allows older adults to frame their health care and life decisions in a way that maximizes quality of life, safety, and function.

Background: The older adult population is increasing. Greater than 40% of older adults in TN have chronic disease and are at risk for dementia. Changes that occur due to aging or other factors impact an older adult’s ability to live alone.

Key Learning Points:

1. The body changes as we age. It is important to recognize changes and seek medical evaluation.
2. Identifying “what matters most” to you and communicating your wishes with your health care provider and family allows for planning and tapping into community resources.

Solutions (Call to Action):

1. Complete your annual physical each year, including a memory screening
2. Stay up to date on your vaccinations
3. Social engagement
4. Brain engagement
5. Get adequate sleep
6. Eat well
7. Exercise
8. Reduce stress
9. Ask for community referrals when indicated.

Contact Information:

Kristina-Wick@utc.edu

Grandfamilies: stressors, successes, and offering support

Speaker: Jessica Freeman

Credentials: PhD

Title: Assistant Professor

Organization: UTC Communication Department

Objectives:

- Connecting research efforts on Grandfamilies in the US and Tennessee
- Learning about Grandfamilies in the context of benefits, challenges and resources

Describe the Problem (Topic): 40% of grandparents responsible for their grandchildren are older than age 60, and there are often complexities surrounding the formation of grandfamilies that catalyze stress and trauma in grandparent caregivers and their grandchildren.

Background: In the U.S., an estimated 2.7 million grandparents co-reside with and are responsible for their grandchildren. Around 34% of Grandfamilies have no parent involvement. Almost 20% live in poverty with informal or formal caregiving arrangements.

Key Learning Points:

- Grandfamilies often suffer from communication and relationship issues, legal issues and health stressors.
- Faith and religious organizations can create safe spaces and hubs of information for grandfamilies.

Solutions (Call to Action):

(W.R.A.P.) Words of Encouragement, Relief Care, Acts of Service and Prayer

-Source: <https://fellowshipknox.org/adopt>

Resources:

- Tennessee Commission on Aging and Disability <https://www.tnaaad.org>
- AARP <https://www.aarp.org> /State-by-state resources/facts / Grandfamily guide
- Generations United <https://www.gu.org> / State of Grandfamilies in Annual Report

Next Steps:

Create points of support, education and connection for grandfamilies

Contact Information:

Jessica-D-Freeman@utc.edu



CRISIS INTERVENTION TEAM CONNECT

Serving Those Who Serve



Guard Your Heart and Minds

1. When to Act

Physically Assess:

- Tension
- Heart Rate
- Breath Rate
- Sleep/eating Changes

Emotionally Assess:

- H. A. T. (Hungry, Angry, Tired)
- Distress (Sad, Anxious, Hurt)
- Stress (so always)
- Pain

2. Philippians 4:6a

⁶ Be anxious for nothing, but in everything by **prayer and supplication** with thanksgiving let your requests be made known to God.

Focused Mindfulness

- Breathe 4/7/8 to begin x3
- Intention: Pick a topic
- Attention: brought consistently back to topic
- 3-30 minutes, Daily
- Repeated request

3. Philippians 4:6b

⁶ Be anxious for nothing, but in everything by prayer and supplication with **thanksgiving** let your requests be made known to God.

Gratitude Mindfulness

- Breathe 4/7/8 to begin x3
- Things you are grateful for
- Can be a letter, prayer, mental list
- 3-30 minutes
- 1-3 x per week

4. Philippians 4:8

⁸ Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is ^[a]lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, ^[f]**dwelt on these things.**

Positivity Mindfulness

- Breathe 4/7/8 to begin x3
- Intention: Focus on good things
- Attention: brought consistently back to topic
- 3-30 minutes
- Do this when you notice negativity

5. Philippians 4:11-13

¹¹ Not that I speak ^[a]from want, for I have learned to be ^[h]**content in whatever circumstances I am.** ¹² I know how to get along with humble means, and I also know how to live in prosperity; in any and every circumstance I have learned the secret of being filled and going hungry, both of having abundance and suffering need. ¹³ **I can do all things ^[i]through Him** who strengthens me.

Radical Acceptance

- Focus on Present: NO Shoulda, Woulda, Coulda
- When you assess a need: use the other three techniques
- Let Go. Let go again....and again...
- Seek Help

6. Philippians 4:7, 9

⁷ And the **peace of God**, which surpasses all ^[d]comprehension, will **guard your hearts and your minds** in Christ Jesus. ⁹ The things you have learned and received and heard and seen in me, **practice these things**, and the **God of peace** will be with you.

Results

- Promised Peace
- Literally protects your heart and mind
- Spiritual closeness, emotional wellbeing, physically measurable improvement
- Caveat: PRACTICE



CRISIS INTERVENTION TEAM CONNECT

Serving Those Who Serve



When To Call for Backup

Warning Symptoms	Active Crisis Symptoms
Withdrawal/Hopelessness	Suicidal – Putting Self at Risk
Rapid Mood Swings	Psychosis – Break with Reality
Increased Agitation	Aggression – Putting Others at Risk
Trouble Doing Activities of Daily Living	Unable to Care for Self
Increase in Substance Use	Risk of Overdose or Death

How To Call for Backup

Warning Symptoms	Active Crisis Symptoms
No Medical or No Immediate Risk: Call a Crisis Provider: dial 988 Suicide Prevention Lifeline: Text 741-741	Immediate Risk or Injury: Call 911 and ask for a CIT Officer



Learn

- Suicide: Active Intervention with C-SSRS
- Hearing Voices: Psychosis Simulator
- Substance Use Crisis: Excited Delirium
- Advanced Crisis Response and Active Intervention
- Resource Navigation
- PTSD: Causes, Effects, Interventions
- Adverse Childhood Experiences: Brain Basics

For info on more training
contact us:

Eve@citconnect.org

Or visit our website:

www.citconnect.org



Palliative Care

Speaker: Tammy Stokes

Credentials: MSN, RN-BC, CHPN

Title: Director of Palliative Care

Organization: Maury Regional Health

Objectives:

- Define palliative care.
- Identify the benefits of palliative care and who could benefit from it.
- Recognize the difference between palliative care and hospice.

Statistics

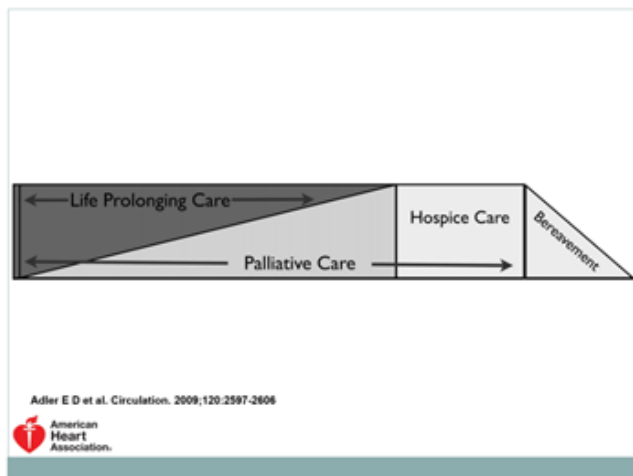
According to the Centers for Disease Control and Prevention, 6 in 10 adults have a chronic disease while 4 in 10 Americans have two or more chronic diseases and include the leading cause of death and disability. Chronic disease is the leading driver of the Nation's \$4.1 Trillion in annual health care costs. Approximately 6,000,000 people in the United States could benefit from palliative care.

Illnesses most commonly treated by palliative care are heart disease, cancer, stroke, diabetes, renal disease, Parkinson's and Alzheimer's disease. If palliative care were fully penetrated into the nation's hospitals, total savings could amount to \$6 billion per year.

Why Palliative Care?

- Improves quality of life for the patient as well as their loved ones
- Relieves suffering through pain and symptom management
- Increases patient and family satisfaction by putting the patient's desires, goals, and decisions first
- Focuses on body, mind and spirit
- Decreases unnecessary hospital visits

Palliative Care vs. Hospice	
Palliative Care	Hospice
<ul style="list-style-type: none"> • Palliative care is for any person with a chronic and/or serious illness • Patients can be of any age, during any stage of the illness and you can have palliative care services while receiving curative treatment 	<ul style="list-style-type: none"> • Hospice care is palliative care provided for terminally ill patients who are no longer receiving curative treatments for their disease • Hospice patients have only weeks to months to live



The Benefits of Palliative Care for the Patient

- Provides relief of physical symptoms such as pain, fatigue, lack of appetite, nausea and vomiting, or shortness of breath.
- Palliative care teams can ease the emotional and spiritual distress of patients and their families.
- Uses a multidisciplinary approach to address the needs of patients and their families across the healthcare system.
- Will enhance quality of life and may positively influence the course of illness by adding an extra layer of support for the patient and their loved ones.

Is Palliative Care Covered by Insurance? Most private insurance plans, as well as Medicare and Medicaid, cover palliative care services in all settings.

Who Provides the Care? Palliative care is provided to a patient by a team of specially trained doctors, advance practice nurses, nurses, and other specialists.

What Matters Most

- 60% of people say that making sure their family is not burdened by tough decisions is “extremely important”.
- 56% have not communicated their end-of-life wishes.
- It’s time to transform our culture by communicating about the kind of care we want and don’t want.
- Palliative Care teams specialize in assisting patients and their families with goals of care and advance care planning conversations.
- Every patient should have the opportunity to participate in decisions regarding the type of care, treatment, and services they want before they are faced with end-of-life issues.

Palliative Care...

- can be provided to patients at any age or any stage of their illness.
- focuses on relieving suffering.
- improves the quality of life of patients and their families during serious illness
- is supportive care focused on the needs, preferences, and goals of the patient.

How to Get Services

- Ask your doctor or healthcare professional if they think palliative care is right for you.
- Request a palliative care consultation.

Legal Issues Associated with Aging

Speaker: Laura Brown

Credentials: JD

Title: Executive Director

Organization: Tennessee Alliance for Legal Services (TALS)

Objectives:

- To introduce TALS and its mission of strengthening the Delivery of Civil Legal Help to Vulnerable Tennesseans, as well as the other legal services providers
- To learn how to get legal resources in Tennessee

Describe the Problem (Topic): 4 out of 5 low-income Tennesseans don't know where to go for legal help.

Background: TALS works closely with legal service providers across the state to locate grants that enable TALS and partners to deliver free, statewide, civil legal services that might otherwise be inaccessible for many Tennesseans.

Key Learning Points:

1. A power of attorney is a legal document that gives a designated person the authority to act for someone else in specific or all healthcare, legal, and financial matters.
2. A will is a testamentary legal document that specifies how a person wants their property to be managed and distributed after their death.
3. An advance directive is a written document that sets out an individual's preferences about end of life treatment should the person become incompetent or unable to communicate these preferences to medical personnel.

Resources:

- HELP4TN 1-844-HELP4TN www.help4tn.org
- Tennessee Free Legal Answers
- Four Legal Aid organizations
- Equal Justice University
- Substantive Task Forces

Next Steps (Call to Action):

- Get free legal advice and referrals.
- Make an advance care plan -TN Department of Health form

Contact Information:

Laura Brown lbrown@tals.org

Tips for Better Communication

Communicating with someone who has memory loss can be challenging.

A family member or friend with dementia may have difficulty understanding you, and you may have a hard time understanding what he or she is trying to communicate. There's potential for misunderstanding, confusion or frustration in both directions — making communication even more difficult.

What to expect

A person with dementia may have difficulty remembering words or communicating clearly. You might notice patterns in conversations, including:

- Having trouble with finding the right word
- Substituting words
- Describing an object rather than naming it
- Repeating words, stories or questions
- Mixing unrelated ideas or phrases together
- Losing a train of thought
- Speaking less often
- Reverting to a first language

5 Things to Avoid

- Don't tell them they are wrong about something.
- Don't argue with them.
- Don't ask if they remember something.
- Don't remind them that their spouse, parent or other loved one is dead.
- Don't bring up topics that may upset them.

Techniques for Approaching Someone Living with Dementia

- Approach from the front, never from behind.
- Approach very slowly to give their brain time to process.
- Avoid a confrontational stance.
- Crouch down to eye level or below, don't bend forward.
- Offer your hand, don't grab or pull.

What you can do to help

To improve understanding in both directions:

- **Be patient.** Take time to listen and allow time for the person with dementia to talk without interruption.
- **Learn to interpret.** Try to understand what is being said based on the context. If the person is struggling to get an idea out, offer a guess.
- **Be connected.** Make eye contact while communicating and call the person by name. Hold hands while talking.
- **Be aware** of your nonverbal cues. Speak calmly. Keep your body language relaxed.
- **Offer comfort.** If a person with dementia is having trouble communicating, let him or her know it's OK and provide gentle encouragement.
- **Show respect.** Avoid baby talk and diminutive phrases, such as "good girl." Don't talk about the person as if he or she weren't there.
- **Avoid distractions.** Limit visual distractions and background noise, such as a TV or radio, that can make it difficult to hear, listen attentively or concentrate.
- **Keep it simple.** Use short sentences. As the disease progresses, ask questions that require a yes or no answer. Break down requests into single steps.
- **Offer choices.** Offer choices when making a request for something a person might resist. For example, if someone is reluctant to shower, you might say, "Would you like to take a shower before dinner or after dinner?"
- **Use visual cues.** Sometimes gestures or other visual cues promote better understanding than words alone. Rather than asking if the person needs to use the toilet, for example, take him or her to the toilet and point to it.
- **Avoid criticizing, correcting and arguing.** Don't correct mistakes. Avoid arguing when the person says something you disagree with.
- **Take breaks.** If you're frustrated, take a timeout.

Educational Materials from [UsAgainstAlzheimer's](#), [Mayo Clinic](#), and [DailyCaring](#)



Left to Right. Back Row: Dr. Jessica Freeman, Dr. Latisha Toney, Dr. Kristi Wick,.
Front Row: Stephanie Blaine, Project Manager, Susan Chill, Regional Director.

ENGAGING COMMUNITIES TENNESSEE

THE UNIVERSITY OF TENNESSEE CHATTANOOGA SCHOOL OF NURSING

Sponsored by grant funding from the Centers for Disease Control and the Tennessee Department of Health, staff from The University of Tennessee Chattanooga School of Nursing and Department of Communication have collaborated with content experts to bring tools and support to faith-based and religious communities across Tennessee. Events, support, and resources are offered free of charge until May 2024.

Participant information will never be shared.

Core partners who have committed to this initiative include the Alzheimer's Association, Tennessee Chapter, CIT Connect, Honoring Choices Tennessee, Tennessee Alliance for Legal Services, Alter Dementia, LLC, and Heart Tones, Inc.