

## Informational Session

### **Introductory Session: (60-90 minutes)**

#### **Booking Now**

An opportunity to learn about programs, services, and resources related to caring for older adults and caregivers offered in your local community. Meet our team along with national, state, and local partners who offer specialized programs to train volunteers to support older adults and caregivers within faith and religious communities.

**Target Audience:** Anyone with a desire to learn more about the care of older adults.

## Educational Workshops

### **Workshop I: The Basics (5 hours)**

#### **Booking Now for Fall 2022 and Spring 2023**

A jam-packed educational opportunity to learn more about specific topics related to older adults and caregivers. Experts will give presentations on dementia, caregiving, legal issues, transitions of care, advance care planning, mental health, and safety. This workshop will emphasize how to incorporate programs serving older adults and caregiver into the faith and religious community. Resources will be available to review and information on specific facilitator trainings will be highlighted.

**Target Audience:** Faith and religious community leaders and congregants with a heart for serving older adults.

**Lunch and workshop materials provided included with workshop registration.**

### **Workshop II: Let's Get Serious (4 hours)**

#### **Booking Now for Spring 2023**

Participants will receive information and resources on emergency & disaster preparedness, livable communities, financial safety, and caregiver support from statewide experts. AARP is a nonprofit, nonpartisan organization that empowers people to choose how they live as they age. In addition, this workshop will feature opportunities for legal consultation offered by the Tennessee Alliance for Legal Services (TALS) and a session to discuss healthcare decisions hosted by Honoring Choices Tennessee.

**Target Audience: Open to anyone. Lunch and workshop materials included with workshop registration.**

**For More Info or To Schedule**  
[www.utc.edu/engaging](http://www.utc.edu/engaging)

## Facilitator Trainings

For volunteers who desire additional training to provide support and provide resources to congregation members in their faith or religious community. Programs are offered at no cost while grant funding lasts. Each program will be hosted by experts and will include materials for the volunteer.

### **Alter**

#### **Dr. Fayron Epps**

Alter guides and equips predominantly African American places of worship to become trailblazing dementia-friendly faith communities. We have several tools to help faith communities learn and grow.

**Virtual Introductory Sessions: 3rd Thursday of Each Month. <https://tinyurl.com/AlterProgram>**

### **Chronic Disease Self-Management Training**

#### **Tennessee Department of Health: Chronic Disease & Health Promotion**

According to America's Health Rankings 2021 report, Tennessee ranks 41st among states for health outcomes.

Notable challenges Tennessee faces include high levels of smokers, people living with chronic health conditions, and people experiencing mental distress. To decrease and manage the impact of chronic conditions within your faith-based communities, the Tennessee Department of Health is seeking individuals interested in becoming Chronic Disease Self-Management Program (CDSMP) Leaders. During this free, 7-week virtual training, individuals will develop tools to lead community workshops and increase community confidence to manage their health and maintain active and fulfilling lives.

### **Crisis Intervention Training Connect: Faith-Based and Religious Community Edition**

#### **Eve Nite and Lt. Elliott Mahaffey**

Participants will learn tools to identify and support individuals in need of mental health services in the faith and religious community setting.

### **Heart Tones**

#### **Dr. Gloria Thomas Anderson**

Promoting healthcare decision-making through Advance Care Planning conversations, education, and preparation that helps bridge disparity gaps for Black Americans. A Nationwide Heart Tones™ Advance Care Planning (ACP) Education Initiative for African American Communities.

**For More Info or to Schedule**  
**[www.utc.edu/engaging](http://www.utc.edu/engaging)**

## On Demand Online Programs

We are excited to supplement our in-person trainings with online programs that can be viewed by anyone on demand. A YouTube channel is also available which contains volumes of videos on our current programs and other resources related to caring for older adults and caregivers.

### **Dementia Friends**

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

### **How do I become a Dementia Friend?**

Visit this website (<https://dementiafriendsusa.org/become-a-dementia-friend>), watch a series of online videos, and commit to support those living with dementia in your community. In less than 20 minutes, you can watch the entire video series and receive an online certificate naming you as a Dementia Friend! Each video provides basic information about the struggles a person with dementia may experience and what one can do to help.

**\*More On Demand Programs Coming Soon\***

## Additional Programs & Resources

### **Alzheimer's Association**

To make your faith based or religious community dementia-friendly, consider these ideas:

- Create a "Dementia Friendly Congregation Corner" that includes educational and support resources.
- Start a support group
- Schedule an Understanding Alzheimer's program for your congregation or older adults groups and their families.

### **Alzheimer's Tennessee**

Their mission is to serve those facing Alzheimer's disease and related dementias, to promote brain health through education, and to champion global research, prevention and treatment efforts. Check out the Silver Alert program, the Alzheimer's Safety Solutions Guide, and other resources for support.

**For More Info or to Schedule**  
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