

## Informational Sessions

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

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. Introductory sessions can be hosted virtually or in-person.

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

*Contact Information:* Text 423-402-0330 or e-mail [Stephanie-Blaine@utc.edu](mailto:Stephanie-Blaine@utc.edu)



## Educational Workshops

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

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 registration.

*Contact Information:* Text 423-402-0330 or e-mail [Stephanie-Blaine@utc.edu](mailto:Stephanie-Blaine@utc.edu)

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

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 registration.

*Contact Information:* Text 423-402-0330 or e-mail [Stephanie-Blaine@utc.edu](mailto:Stephanie-Blaine@utc.edu)

## 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

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. [tinyurl.com/AlterProgram](https://tinyurl.com/AlterProgram)

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



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

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

Contact Information: eve@citconnect.org (865) 934-9033

### Heart Tones™

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.

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

Contact Information: gloria@hearttones.com (919) 980-8171



### Tennessee Alliance for Legal Services (TALS): Document Clinic

TALS can provide information and education about legal issue and concerns that can arise as we age. This information can assist individuals, families, caregivers, community partners, and churches 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](https://tals.org)

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

## Facilitator Trainings

Additional programs and expert consultation are available through the following partner programs for leaders, volunteers, and congregations.

### **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. Through many initiatives, the Alzheimer's Association leads the charge in Alzheimer's care, support, research and advocacy. Call the 24/7 Helpline: 800.272.3900. [alz.org/tn](http://alz.org/tn)

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

### **Honoring Choices Tennessee**

Honoring Choices Tennessee's mission is to encourage every adult Tennessean to discuss their care choices with those they love, to create their own advance directive, and enjoy greater peace of mind and quality of life. [advancedirectivestn.org](http://advancedirectivestn.org)

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

## Virtual Initiatives

### **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. 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 [dementiafriendsusa.org/become-a-dementia-friend](http://dementiafriendsusa.org/become-a-dementia-friend) watch a series of on line 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 on line 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.

