



the compassion to care, the leadership to conquer

Directory of Local Resources

For residents of Rutherford County with
dementia and their caregivers

Prepared and published January 2009

By the Alzheimer's Association Mid South Chapter
Local Advisory Council

It is hoped that this directory will be of value to physicians, service providers and caregivers seeking resources to assist in the care of persons with Dementia including Alzheimer's Disease. To the best of our ability it is current and correct as published. However we recognize that circumstances and facilities change. If you have corrections, changes, additions or suggestions for the directory please Email them to the Caregiver Resource Specialist for the St. Clair Street Senior Center and Alzheimer's Association, edyer@murfreesborotn.gov. Our goal is to keep an updated and printable version on line that can be accessed at www.rutherfordcountyttn.gov. Click on the *Other links* section of the home page. Under the *Community Interest* Section select the *Rutherford County Wellness Council* page. The *Resources* tab will take you to *The Directory of Local Resources for residents of Rutherford County with dementia and their caregivers*

Caregiver Resource Center:

The Caregiver Resource Center is a partnership between the St. Clair Street Senior Center and the Alzheimer's Association located at the St. Clair Street Senior Center at 325 St. Clair Street in Murfreesboro. The office is open Monday through Friday from 9:30 am to 1:30 pm. The phone number is 848-2550. **For information after hours, please call 1-800-272-3900.** Services include: consultation in person and by phone to provide direction, answer questions, and support those caring for another person; information on and referrals to local agencies offering services to support caregivers as they face the challenges of providing care; educational resources including literature, books and videos; registration for the "Medic Alert + Safe Return Program", and an equipment loaner program. This is a good place to check for information about conferences and training programs related to caregiving and Alzheimer's and other dementias.

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Medic Alert + Safe Return Registration Sites:

The Alzheimer's Association's Medic Alert + Safe Return Program is the only nationwide program that assists in identifying and safely returning individuals with Alzheimer's disease and related dementias who wander from caregivers and become lost.

St. Clair Street Senior Citizens Center
325 St Clair Street
Murfreesboro, TN 37130
Contact: Elberta Dyer, Caregiver Resource Specialist
848-2550

Reeves Sain Medical
1809 Memorial
Murfreesboro, TN 37129
Contact: Lenee Cannon
896-5864

Support Groups

Support groups are free and open to any caregiver in our community. They offer education about dementia, information about resources and strategies, and the support of others who are on the same journey who may have hints that will help you and will certainly have an understanding and appreciation of the challenges you face. Leaders are trained by the Alzheimer's Association and are peers or professionals from a local facility. Research shows that caregiving can have a negative impact on the person who is providing care. Elderly spousal caregivers with a history of chronic illness themselves who are experiencing caregiving related stress have a 63 %higher mortality rate than their non-caregiving peers. Stress of family caregiving for persons with dementia has been shown to impact a person's immune system for up to three years after their caregiving ends thus increasing their chances of developing a chronic illness themselves. Support Groups are a perfect place to get and give support in a confidential setting and have a positive effect in reducing caregiver stress.

Azalea Court
207 Commerce Drive
Smyrna, TN 37167
Bonnie Gluth, 355-9900
First Tuesday 6:30pm

For Caregivers

Fleming Education Center
2202 Blanton Drive
Murfreesboro, TN 37130
Dianne Kelton, 225-4620
Second Wednesday 10:00am

For Caregivers

Support Groups (continued):

NHC Murfreesboro
420 N University Blvd
Murfreesboro, TN 37130
Mary Ann Hood, 893-2602
Third Thursday 10:30am

For Caregivers

NHC Murfreesboro
420 N University Blvd
Murfreesboro, TN 37130
Tina O'Brian, 292-4983
Third Thursday 10:30am

For Early Stage Memory
Loss Patients

NHC Murfreesboro
420 N University Blvd
Murfreesboro, TN 37130
Melinda Vance, 890-2020 ext. 1111
Second Tuesday 6:30pm

For Caregivers

Community Care of Rutherford County
901 E. County Farm Road
Murfreesboro, TN 37127
Stephanie Benson, 893-2624
Third Tuesday 5:00pm

For Caregivers

Adult Day Care:

Adult day care is available from one half day to seven full days a week in two types of facilities. Adult day care centers have a strong focus on socialization and recreation activities. Many assisted living facilities provide services on a daily basis to those who live at home along with their residents.

Azalea Court Assisted Living
207 Commerce Drive
Smyrna, TN 37167
355-9900

Limited program available Monday through Friday
for persons who are continent, and need minimal
physical assistance.

Peachtree Center Nursing and Rehabilitation
202 Enon Springs Road, East
Smyrna, TN 37167
459-5600

Monday through Friday 8am to 4pm
For persons who are continent, ambulatory
or can self transfer.

Adult Day Care (continued):

Elders First Adult Day Services
New Vision Baptist Church
1750 N Thompson Lane
Murfreesboro, TN
542-4371

A day care center
Open 8-5 Monday, Tuesday and Thursday
Participants must be continent and able to self
transfer if in a wheelchair.
eldersfirst@dtccom.net

St. Clair Street Senior Center
325 St. Clair Street
Murfreesboro, TN 37130
848-2550

A day care center
Monday through Friday 7:45am to 5:15pm
Participants must be continent and able to self
transfer if in a wheelchair.

Stones River Manor
205 Haynes Drive
Murfreesboro, TN 37129
893-5617

Available 7 days a week 7am to 5pm in a secure
setting. Patients must be ambulatory, and able to get
by themselves. Incontinent patients are accepted.

The Waterford in Smyrna
10540 Cedar Grove Road
Smyrna, TN 37167
223-0005

Expected opening: March 2009
Available 7 days with flexible hours housed in a
secure care unit.
www.waterfordinsmyrna.com

Respite Care:

Respite Care is available in the following Assisted Living Facilities on a bed available basis:

Azalea Court of Smyrna 355-9900

Broadmore Assisted Living at Murfreesboro 867-9777

Parkview Meadows of Murfreesboro 907-5800

Stones River Manor 893-5617

Sunnington Assisted Living 217-6756

The Waterford in Smyrna 223-0005

Alvin C. York Veterans Administration: Contact Social Work Service 867-6000

In Home Services:

Allcare Health Services 692-1105

Amedisy Home Health of Murfreesboro 893-0214 also 890-6455

Apria Healthcare 893-4824

Caresouth Homecare Professionals 895-8383

CSI Elderly Services 848-0114 www.elderlyservicesinc.com

Family Staffing Solutions of Rutherford County 848-6774 www.familystaffing.com

Home Care Solutions 893-8339

Home Health Care of Middle Tennessee 867-4007

Home Instead Senior Care 867-2205

Intrepid USA Home Health Services 895-2780

Lighthouse Homecare 904-8730

NHC Healthcare Inc. 893-0629

NHC HomeCare 896-2300

ResCare HomeCare 367-2990

Suncrest Home Health 893-7850

Alvin C York Veterans Administration: Contact Social Work Service 867-6000

Hospice Services

Hospice is not a place. It is a concept of care focused upon the comfort and dignity of the patient and providing services to support the patient and family, emotionally and spiritually. It can be provided at home, in an assisted living facility, in a nursing home, or a unit within a hospital or a separate facility. Patients referred for hospice care usually have a live expectancy of six months or less but may be longer. Dementia patients are screened based on functional abilities. Hospice does not prolong life nor hasten death. The goal of hospice is to improve the quality of life.

Hospice Services (continued):

Alive Hospice, Inc. 800-327-1085 www.alivehospice.org

Caris Healthcare 217-8720

Willowbrook Home Health Care, Inc. 848-0254 www.willowbrookhealth.com

Assisted Living Facilities:

State Law requires that all persons living in an assisted living facility be able to exit the building by themselves within thirteen minutes. The atmosphere is home-like with a common dining room and recreation facilities. The bedrooms are usually personalized with the resident's personal furniture and belongings. Laundry service is provided and several levels of care assistance are available and based on the needs of the resident.

Adams Place
127 Memorial Blvd.
Murfreesboro, TN
904-2449
www.adamsplace.org

An eight bed facility
Secure Care Unit Available

Azalea Court of Smyrna
207 Commerce Dr.
Smyrna, TN
355-9900

A 21 bed unit facility
A secure care unit will soon be available.

Broadmore Assisted Living
3211 Memorial Blvd.
Murfreesboro, TN
867-9777

Secure Care Unit Available

Parkview Meadows of Murfreesboro
240 E MTCS Blvd.
Murfreesboro, TN
907-5800

Stones River Manor
205 Haynes Drive
Murfreesboro, TN 37129
893-5617

Secure Care Unit Available

Assisted Living Facilities (continued):

Sunnington Assisted Living
1658 Lascassas Pike
Murfreesboro, TN
217-6756

Secure Care Unit Available

The Waterford in Smyrna
10540 Cedar Grove Road
Smyrna, TN 37167
223-0005
www.waterfordinsmyrna.com

A 28 bed facility with secure care unit available
Expected opening: March 2009

Nursing Homes:

Adams Place
127 Memorial Blvd
Murfreesboro, TN
904-9111
www.adamsplace.org

Boulevard Terrace Rehabilitation and Nursing Center
1530 Middle Tennessee Blvd.
Murfreesboro, TN
895-4506

Community Care of Rutherford County
901 E. County Farm Road
Murfreesboro, TN 37127
893-2624

Mayfield Rehab and Special Care
2000 Mayfield Dr.
Smyrna, TN
355-0350

NHC Healthcare
420 N University St.
Murfreesboro, TN
893-2602

Northside Health Center
202 E MTCS RD
Murfreesboro, TN
849-8748

Nursing Homes (continued):

Peachtree Center Nursing and Rehabilitation
202 Enon Springs Rd East
Smyrna , TN
459-5600

Tennessee State Veterans Home
345 Compton Road
Murfreesboro, TN
895-8850

Woodbury Nursing Center
119 W High Street
Woodbury, TN 37190
615-563-5939

Alvin C. York VAMC
Nursing Home Care Units
3400 Lebanon Rd
Murfreesboro, TN 37130
867-6000

Specialty Physicians:

In addition to those listed below the local Alzheimer's Association (292-4938) will have a current list of others in the Nashville area.

Adult and Geriatric Psychiatry

Mid-South Psychiatric Associates
Ravi Singh, MD
Ahmed I. Farooque, MD
1830 Heritage Park Plaza
Murfreesboro, TN
895-8104

Sabitha Hudek, MD
Stones River Hospital Specialty Clinic
310 Doolittle Rd
Woodbury, TN 37190
563-7216

Specialty Physicians (continued):

Neurology

Murfreesboro Medical Clinic
1004 Highland Ave
Murfreesboro, TN 37130
867-8090 893-4480
Department of Neurology
John C. Witt, MD

Center for Neurological Treatment and Research
515 Stonecrest Parkway
Smyrna, TN
355-5510

Geriatric Medicine

Arundati Ramesh
Murfreesboro Medical Clinic
1004 Highland Ave
Murfreesboro, TN
867-8010

Geriatric and Mental Health Clinics

Alvin C. York Veteran's Administration Medical Center
3400 Lebanon Rd.
Murfreesboro, TN
867-6000

Mental Health Services:

Riverside Reflections
352 West Northfield Blvd.
Murfreesboro, TN 37129
895-6977

Alvin C. York Veteran's Administration Medical Center
3400 Lebanon Pike
Murfreesboro, TN
867-6000

Mental Health Facilities:

Riverside at Stones River Hospital
324 Doolittle Road
Woodbury, TN 37190
563-4001

Parthenon Pavilion at Centennial Medical Center
1134 Dow St.
Nashville, TN
800-724-2345
615-768-2840
www.parthenonpavilion.com

Middle Tennessee Veterans Administration Medical Center
Alvin C. York Campus
3400 Lebanon Highway
Murfreesboro, TN 37129
893-1360

Rolling Hills Hospital
2014 Quail Hollow Circle
Franklin, TN 37067
(615) 807-4024

Elder Law Attorneys

According to the National Association of Elder Law Attorneys, www.naela.org, "Elder Law" is the legal practice of counseling and representing older persons and their representatives about the legal aspects of health and long-term care planning, public benefits, surrogate decision-making, older persons' legal capacity, the conservation, disposition and administration of older persons' estates and the implementation of their decisions concerning such matters, giving due consideration to the applicable tax consequences of the action, or the need for more sophisticated tax expertise.

In addition, attorneys certified in elder law must be capable of recognizing issues of concern that arise during counseling and representation of older persons, or their representatives, with respect to abuse, neglect, or exploitation of the older person, insurance, housing, long-term care, employment, and retirement. The certified elder law attorney must also be familiar with professional and non-legal resources and services publicly and privately available to meet the needs of the older persons, and be capable of recognizing the professional conduct and ethical issues that arise during representation.

Elder Law Attorneys (continued):

There are two Elder Law Attorneys certified by the National Elder Law Foundation within 50 miles of Murfreesboro. They are:

Colleen MacClean, Attorney at Law
PO Box 12439
Nashville, TN 37122
Phone: (615) 726-1614
Email: comaclean@aol.com

Elder Law Practice of Timothy L. Takacs
210 Walton Ferry Road
P.O. Box 364
Hendersonville, TN 37077-0364
(615) 824-2571

Incontinence and self help care supplies

Incontinence can be managed at home but for those who have not dealt with it, it can seem overwhelming. When you are prepared and have the necessary supplies it becomes manageable.

It helps to remember that the person with dementia may forget to go to the bathroom or may forget how to find or to use the bathroom. Considering these three possibilities you may wish to set up a schedule that allows you or another caregiver to take him/her to the bathroom at least every two hours. You are cueing the person to what is needed, showing the way (come on I'll go with you) and you will then be there to remind and or assist with the process. Sometimes they forget to pull their pants down before sitting down, sometimes they forget to wipe and they may have trouble reassembling their clothing. You are there to remind and assist if needed. As time goes by more and more help will be needed. Eventually your loved one will no longer be able to control his/her urine and will soil clothes. They will still probably have bowel control for a good time.

At the stage when toileting becomes an issue a wardrobe change is in order. If you have not already started using sweat or leisure suits with elastic waist pull up pants it is time. They are much easier to manage and both of you will appreciate them. Plus they can be mixed and matched and easily laundered. You will find them at Sam's, Wal-Mart, Target, K-mart, etc. Slip on shoes like loafers help when a change is necessary, or you can use rubber ties in tennis shoes and make them slip-ons. You can find them at a specialty shoe or foot care store like Charlie's.

Now for setting up the house to be convenient for both of you: Check Bed Bath and Beyond for waterproof mattress pads. The pillowed type with a layer of plastic next to the mattress and cotton next to the sheet is comfortable and serviceable. It is helpful to have two so when a change is necessary there is one available while the other is laundered. Medical Supply Stores like Reeves Sain have washable protective pads that can be used on chairs, sofas, car seats and beds. They make life so much easier. While you are at the medical supply store ask for an odor/stain remover. They should have one in a spray bottle and it is great for clean-ups. Disposable protective pads are also available. One bag can last a couple of years. You can find protective/disposable underwear on the diaper aisles of most large

grocery stores, as well as Wal-Mart, Target and K-Mart. They come in a variety of sizes and styles. Purchasing in bulk at Sam's can save money and time.

To make your bathroom safe and convenient, you might consider having grab bars mounted for extra support getting in and out of the tub and on and off the commode. These can be found at Lowes and Home Depot. It is helpful to have the following supplies available: A box of medium or large garbage can liners, a box of baby wipes, extra toilet paper, a package of disposable underwear, and a box of disposable gloves and a box of sanitary wipes for the commode or spills.

Bathing is made safer and easier with the use of an anti slip mat, a shower bench, a hand held shower head and grab bars All of these can be purchased at a home improvement store like Lowe's or Home Depot.

Keep up with receipts for these safety, comfort and convenience items. They are tax deductible as medical expenses and they add up enough to help at Income Tax Time if you itemize.