

# **Community Resources for Caregivers of Adults with Disabilities**

## **The Arc TN**

Advocates for the rights and full participation of all people with intellectual and/or developmental disabilities

[www.thearctn.org](http://www.thearctn.org)

(800) 835-7077

## **Area Agency on Aging & Disability**

Information on services for seniors and individuals with disabilities

(615) 255-1010

## **Council on Aging of Middle Tennessee**

Information and referral on services related to older adults

[www.coamidtn.org](http://www.coamidtn.org)

(615) 353-4235

## **Empower Tennessee**

Middle Tennessee's Center for Independent Living. Information and referral, independent living skills training; peer counseling, housing assistance, computer training and benefits planning.

[www.empowertn.org](http://www.empowertn.org)

(615) 292-5803

## **Family Support Program, TN Department of Intellectual and Developmental Disabilities (DIDD)**

Supports families of children and adults with severe disabilities living at home or adults with severe disabilities not supported by other residential programs funded by state or federal funds.

<http://tn.gov/didd/section/family-support>

(800) 654-4839

**FiftyForward Living at Home Care Management & Care Team**

Provides case management for older adults. If an older adult has developmentally challenged adult child living with them, team would work on resources for child and older adult.

[www.fiftyforward.org](http://www.fiftyforward.org)

(615) 743-4300

**Technology Access Center**

Information/assistance about assistive technology & communication devices for individuals with disabilities or activity limitations.

[www.tacnashville.org](http://www.tacnashville.org)

(615) 248-6733

**TN Disability Pathfinder**

Provides individuals, families and agencies with information about disability services and resources in Tennessee.

[www.familypathfinder.org](http://www.familypathfinder.org)

(800) 640-4636

**TN Respite Coalition**

Provides relief to family caregivers through statewide toll-free help line, respite vouchers and senior companion program.

[www.tnrespite.org](http://www.tnrespite.org)

(888) 579-3754

**United Cerebral Palsy of Middle Tennessee**

Builds wheelchair ramps and loans durable medical equipment.

[www.ucpamidtn.org](http://www.ucpamidtn.org)

(615) 242-4091



The Council on Aging of Middle Tennessee strives to ensure that the community values, honors and supports older adults and caregivers by addressing unmet needs through information, advocacy and education and by being a catalyst for comprehensive solutions.