

WHAT PARTICIPANTS ARE SAYING

"The greatest thing about this group is you can talk about your situation and everyone understands it."

"I've gotten to know this group better than any other because of the conversations we've had."

WHAT LOVED ONES ARE SAYING

"As [my husband] has transitioned through the different stages of his disease, the Community Group has made the single biggest impact. It has helped him to see that he can still contribute, make friends and enjoy himself."

– A participant's wife

"It's such a relief to have a place where Mother can go to stay engaged with others; to have great conversations; to learn about new things; and to participate in exercise, dance, music and other pleasant activities. We are thankful she is doing something that will help prolong her active life and engage her mind in a positive way."

– A participant's daughter



"People think it must be awful to have Alzheimer's, but I just think ... it is what it is. If I never got the diagnosis, I never would've met these wonderful people. It's a new chapter and a new community."

– Nancy Green, an AGCG participant



A small group program providing socialization, engagement activities, and support for those in the earliest stages of dementia.



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Abe's Garden® Community is a 501(c)(3) nonprofit organization.



ABE'S GARDEN *Community* GROUP

Abe's Garden Community Group (AGCG) was developed to address the unmet needs of individuals at the start of their dementia journey. AGCG provides an opportunity for those who are aware of their diagnosis to be in a supportive, engaging, small group setting with others in the earliest stages of dementia. Together, group members experience invaluable moments while sharing stories from their past and present; navigating the emotions, questions and challenges that come with their diagnosis; learning new things; enjoying body and brain health-focused activities; bonding; and having fun!

Discussions and activities are guided by the members' life stories, capabilities and interests.

ACTIVITIES MAY INCLUDE:

- Outings to local attractions
- Music therapy
- Photography



- Peer-led educational sessions
- Reminiscence discussions
- Songwriting

- Tai chi
- Yoga
- And more!

Two days a week
10:00 a.m. – 2:00 p.m.
Abe's Garden | 115 Woodmont Boulevard
Lunch provided.

Monthly fee, payable in advance.

Transportation may be scheduled, dependent on availability. Fee applies.

Potential members are assessed for program suitability. Ideal candidates are aware of their diagnoses and understand the benefits of participating in a group of individuals with similar diagnoses. Members should be ambulatory and able to manage their personal care needs. Reassessment occurs every six months or following a change of status.

A limited number of subsidized memberships, made possible by Abe's Garden Access to Care Fund, are available. Details regarding financial assistance eligibility are available upon request.



HOW DO I KNOW IF MY LOVED ONE IS IN AN EARLY STAGE OF DEMENTIA?

For the purposes of referring your loved one to the group, consider the following questions:

- Are they aware that they have a diagnosis of dementia?
- Are they grappling with the implications of what their diagnosis means for their future?
- Are they expressing frustration, fears or anxiety about losses they are experiencing like no longer driving or working, changes in social relationships or difficulty with daily tasks?

HOW DO I CONVINCe MY LOVED ONE TO JOIN AGCG?

There is no single approach that works for everyone, but the following are some suggestions.

Frame it in a positive way. "I know you want to do everything possible to maintain your physical health and keep your mind engaged. This group will give you those opportunities."

Speak about being of service to others. Mention that they will be with peers who they may help by sharing their own coping skills and tips.