

Caregiver Quick-Start Guide

Simple steps to get support through Gallatin Senior Center

This guide is for family members, friends, neighbors, and other unpaid caregivers who help an older adult or someone living with dementia, disability, or a chronic condition. The goal is simple: help you understand what support is available, how to get connected, and what to expect next.

1. Start Here	2. Meet With Us	3. Get Connected
Tell us you are a caregiver and share basic contact information. This can happen at an event, by phone, or through the website.	A Caregiver Navigator will talk with you about your situation, your stress level, and the kind of help you need most.	We help connect you to practical resources such as respite care, benefits screening, transportation, support groups, education, and local services.

Who this program is for

- You help care for an older adult, spouse, parent, relative, friend, or neighbor.
- You are trying to manage care, appointments, daily needs, safety concerns, dementia-related needs, or caregiver stress.
- You may need help finding respite, in-home support, benefits, legal/financial resources, transportation, or education.

What we can help with

- Caregiver intake and needs review
- Caregiver support planning
- Referrals to trusted community resources
- Follow-up so you are not left on your own
- Education on caregiver stress, dementia awareness, safety, and local supports

What to expect after you sign up

- We confirm your basic information and caregiver situation.
- We complete a short needs review with you.
- We help identify next steps and useful resources.
- We follow up to see whether the connection worked or if another step is needed.

Common first resources

Need	Possible starting point
Respite or caregiver relief	GNRC Family Caregiver Support Program or Tennessee Caregiver Coalition respite resources
Benefits and service navigation	AgeWell Middle Tennessee and local aging/disability service partners
Dementia education and support	Dementia-friendly education sessions, memory support partners, and caregiver support groups
In-home or personal care support	Local home care providers and referral partners when appropriate

A simple note for caregivers

You do not have to have everything figured out before asking for help. The first step is simply letting someone know you are providing care. From there, we can help sort what is urgent, what can wait, and what resources may fit your situation.

How to get started

1. Visit the Caregiver Support page on the Gallatin Senior Center website.
2. Complete the interest or sign-up form.
3. Attend a caregiver session or ask staff to connect you with the Caregiver Navigator.
4. Bring any questions, concerns, or service needs you want help sorting out.

Gallatin Senior Center Caregiver Support Program | Powered by OpenCHW caregiver navigation and community resource coordination