



Aging Health Resources

About Aging

The older population has been growing over the last 100 years with the greatest increase in the United States between 2010 and 2020 as baby boomers (born 1946-1964) began to turn 65.

- In the U.S. 2020 Census, **1 in 6 were age 65 or older**, making up nearly 17%.
- By 2050, the 65 and older population is projected to rise to 23%, nearly 1 in 4.
- Tennessee's aging population is growing, too.

[Population Reference Bureau, census.gov](https://www.census.gov)

The Aging Experience

Aging is not the same for everyone. Biologically, aging results from the damage caused by impact to the cells of our bodies over time. This causes a gradual decrease in physical and mental function and increase in risk of disease and ultimately death. These changes can increase as people age but varies tremendously based on many factors including heredity, physical environments, social environments and socioeconomic status from childhood to older age. Life transitions such as retirement, death of friends and partners and changes in housing further contribute to aging.

“A longer life brings with it opportunities, not only for older people and their families, but also for societies as a whole.”

[World Health Organization](https://www.who.int)

While you cannot prevent aging, you can prevent or slow down age-related decline in health. Lifestyle changes, like physical exercise, healthier food choices, and better sleep are just a few of the ways to maintain healthier brain and body.

[National Institute on Aging](https://www.nia.nih.gov)

Intersectionality with Brain Injury

“Traumatic Brain Injury (TBI) is responsible for more than 80,000 older adult emergency department visits each year, and three-quarters of these visits result in hospitalization as a result of the injury. Falls can cause serious injury and are the second leading cause of TBI-related deaths. While falls impact all ages, they are particularly prevalent among older adults. Research shows that adults aged 75 and older have the highest rates of TBI-related hospitalization and death. Older age is known to negatively influence outcome after TBI. Additionally, research has increasingly linked brain injury to a higher risk of cognitive differences and Alzheimer's/dementia in older adults. Numerous key studies have demonstrated that seniors with a history of moderate brain injury have a 2.3 times greater risk and those with a history of severe brain injury have a 4.5 times greater risk of developing Alzheimer's disease compared to those without a history of brain injury. It is evident that brain injury remains a serious public health concern for older Americans, leading to death and disability for thousands each year.”

[NASHIA](https://www.nashia.org)

Common changes following brain injury include reduced memory and attention, decreased problem-solving and organization, changes in judgment and impulse control. It is important to watch for any changes in abilities that might indicate a new brain injury has occurred.

- Screening for a prior history of Brain Injury is recommended at every medical visit.
- Cognitive screening for those identified with an injury is recommended.
- Relevant strategies and accommodations should be taught to the individual to compensate for the changes and to those working with him or her.
- Those accommodations should be built directly into programs whenever possible. For example, breaking down instructions into smaller parts and using visual aids.

Screening Tools

[Substance Abuse Screenings in Tennessee \(SBIRT-TN\)](#) Screening, Brief Intervention, and Referral to Treatment: SBIRT is a substance abuse screening and referral to treatment initiative. It is patient-centered and offers education and early intervention to identify and address substance misuse in primary care settings. Patients are asked about their substance use confidentially.

Institute for Research, Education & Training in Addictions (IRETA) [SBIRT Toolkit](#)

[University of Washington Substance Use Screening & Assessments Instrument Database](#)

[NASHIA's OBISSS](#) (Online Brain Injury Screening and Support System)

[Championing Healthy Aging: The Critical Role of Brain Injury Screening in Supporting Older Adults](#)

[Ohio State University TBI Identification Method](#) - a screening tool for Brain Injury

[Age-Related Preventative Screenings – Johns Hopkins Medicine](#)

Crisis Intervention Tools

[Tennessee Adult Protective Services](#) 1-888-APS-TENN (1-888-277-8366)

988 Suicide & Crisis Lifeline or you can text to 988; 988lifeline.org to chat with someone.

[Continuum of Crisis Services and 988 2-minute informational video](#)

Veterans Crisis Line: Dial 988, then Press 1; or text 838255.

[NAMI Blog: How to Help Someone in Crisis](#)

[NAMI Warning Signs and Symptoms](#)

[211 Helpline | Get Connected. Get Help. \(unitedwaygreaternashville.org\)](#): The 211 Helpline is a 24/7 365-day information and referral help line that provides individuals in need with help in times of crisis and beyond.

SAMHSA National Helpline: Confidential free help, from public health agencies, to find substance use treatment and information. 1-800-662-4357

Tennessee REDLINE: 24/7/365 resource for substance abuse treatment referrals. Anyone can call or text 800-889-9789 for confidential referrals.



TN Statewide Crisis Phone Line: 24 hours/365 days; a free resource for anyone experiencing a mental health crisis; provides support, guidance and appropriate community supports. (855-274-7471)

National Maternal Mental Health Hotline: Call or text 1-833-TLC-MAMA (1-833-852-6262). TTY users can use a preferred relay service or dial 711 and then 1-833-852-6262.

National Resources

National Council on Aging <https://www.ncoa.org/search/?q=brain%20injury>

Older Adult Fall Prevention <https://www.cdc.gov/steady/about/index.html>

[AARP.org](#) (American Association of Retired Persons) is a nonprofit organization that advocates for and provides services to people aged 50 and older.

ACL's Traumatic Brain Injury (TBI) Technical Assistance and Resource Center's (TARC) [Aging Guide: Considerations and Best Practices for Older Adults with Brain Injury](#) - designed to provide states with tools for initiating or improving partnerships within both state aging networks and mental health systems.

State Resources

[Tennessee Area Agency on Aging and Disability](#) map of 9 offices across the state.

[Tennessee Department of Disability and Aging](#)

[TennCare](#) Learn about and apply for [Medicaid](#) services in Tennessee.

[Tennessee State Health Insurance Assistance Program](#) (TN SHIP) 1-877-801-0044

[Tennessee Coalition for Better Aging](#) promotes the general welfare of older Tennesseans and their families, through partnerships that mobilize resources to educate and advocate for important policies and programs.

Tennessee Department of Human Services, [Disability Services](#)

Tennessee Department of Health, [Adult Protective Services](#) (APS) staff investigate reports of abuse, neglect, or financial exploitation of adults who are unable to protect themselves due to a physical or mental limitation. APS staff assess the need for protective services and provide services to reduce the identified risk to the adult. For additional information, download our [brochure](#).

Tennessee Disability Coalition [A Guide to Long-Term Services and Supports in Tennessee](#)

[Alzheimer's Tennessee](#) 24/7 HELPLINE: 1-800-259-4283

Infographics & Factsheets

Gerontological Society of America's [National Center to Reframe Aging](#)



[Tennessee Alzheimer's & Related Dementia Advisory Council trifold](#) *What to do next: Following an Alzheimer's or Dementia Diagnosis.* Provides resources on dementia; legal, financial, and long-term planning; caregiver support; research trials; safety and wellness.

[Tennessee Dementia Action Collaborative](#)

Falls Prevention Rack Card www.cdc.gov/healthy-aging/media/pdfs/2024/06/Protect-Your-Head-Protect-Your-Brain-TBI-508.pdf

Articles

[National Institute on Aging: What Do We Know About Healthy Aging?](#)

Trainings

[American Society on Aging provides free training topics](#) including Addressing Social Isolation and Loneliness, Options for Care at Home, Ethics and Cultural Competency

Aging Wellness

[Brain Health: How to Have a Healthy Brain Throughout Life:](#) research-based tips for creating a healthy brain, regardless of age.

Effects of intensive lifestyle changes on the progression of mild cognitive impairment or early dementia due to Alzheimer's disease: a randomized, controlled clinical trial.

<https://pubmed.ncbi.nlm.nih.gov/38849944/>

Support Groups and Related Groups

[Senior Centers in your local area](#)

Caregiver Resources

Tennessee Caregiver Coalition <https://tncaregiver.org/>

[National Respite Locator Service](#)

[Family Caregiver Alliance](#)

TN Brighter Futures groups that are a part of this System of Care

Tennessee Office on Aging and Disability

American Senior Care Centers, Inc.

Tennessee Association of Adult Day Services

Tennessee Federation on Aging

