

## Aging Services in Tennessee

There are over **one million** individuals **over the age of 65** in Tennessee. In Middle Tennessee, **nearly 20 percent of individuals over the age of 65 are dependent** on others in some way to maintain their quality of life. This means services and support are critical for many older adults in our communities.

The Greater Nashville Regional Council is part of a nationwide network that **serves the needs of older adults and adults with disabilities**. We provide service and support to individuals living in Cheatham, Davidson, Dickson, Houston, Humphreys, Montgomery, Robertson, Rutherford, Stewart, Sumner, Trousdale, Williamson, and Wilson counties.

## PROGRAMS AND SERVICES\*

Information and Referral Helpline  
Free, Unbiased Medicare Counseling  
Long-term Care for Low-Income Seniors  
Family Caregiver Support  
Legal Aid and Conservatorship  
In-home Living Assistance and Meal Services  
Transportation Services for Senior Adults  
Emergency Home Repairs



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Find us on the socials @[thegnrc](https://www.instagram.com/thegnrc)



\* Programs and services may be provided in whole or in part by GNRC, local and/or state partners.

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AGING AND  
DISABILITY SERVICES

# Mini Resource Guide



GREATER NASHVILLE  
REGIONAL COUNCIL

Connecting Communities. Empowering People.



**WE'RE HERE TO HELP.**

GNRC offers a connection to services available to older adults and adults with disabilities in the middle Tennessee area. GNRC's information and referral helpline can assess the specific needs of an individual and provide a range of options or referrals to help improve quality of life and increase independence.

## WHAT PROGRAMS AND SERVICES ARE AVAILABLE THROUGH GNRC?

Services include information and referrals, support for caregivers of senior adults, in-home and community-based care, and evidence-based education to help older adults and adults with disabilities maintain quality of life.

## WHAT DO THESE SERVICES COST?

Many of the services may be available at **little or no cost** depending on age, needs, and income. GNRC's team can assess eligibility requirements and evaluate all the options that are best for each client.

If you do not speak English, or are visually or hearing impaired, language services are available to you free of charge by calling 615-255-1010 or toll-free at 1-866-836-6678. Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-866-836-6678.

ملحوظة: إذا كنت تتحدث انكر اللغة، فإن خدمات المساعدة اللغوية تتوفر لك بالمجان. اتصل برقم 1-866-836-6678.

## HOW DO YOU ASSESS SOMEONE'S NEEDS?

A member of our team will ask questions to learn more about the client's specific situation and needs. Our team has extensive education and experience serving clients with varying needs.

## WHO QUALIFIES FOR HELP?

Eligibility varies based on program. GNRC's services are geared toward older adults, adults with disabilities, and their caregivers.

## HOW DO I CONTACT GNRC?

Information and referral helpline:  
**615-255-1010** or **866-836-6678**

Medicare information and  
counseling: **877-801-0044**