



Metropolitan Social Services
25 Middleton Street,
Nashville, Tennessee 37210

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Relative Caregiver Resources

You Are Not Alone

In our community, there are many relative caregivers. There are about 7,000 grandparents in Nashville who are responsible for taking care of their grandchildren. There are also other relatives who are caring for a child, some who have legal custody and others who do not. In addition, there are many other people who take care of relatives (a spouse, other relatives or children with disabilities).

Relative caregivers who take care of children (grandchildren and other relatives make important contributions to the lives of these children. Not only does their care enhance the lives of the children, it also makes a great financial contribution.

Metropolitan Social Services wants to provide help to these caregivers. This document lists some important resources for new caregivers and may also be of help to those who have been providing care for a long period of time. Included is information about services that are specifically for relative caregivers, as well as general information numbers to call for additional information.

Metropolitan Social Services (MSS) promotes quality living in our communities by linking people, information and resources. We respond to persons challenged by economic, social, physical or behavioral problems. Some MSS phone numbers are listed below:

Information and Referral Services 615-862-6458
Identifies the needs of customers and links them community agencies that deliver services to meet those needs.

Relative Caregiver Assistance 615-862-6432
Life Management Skills Training, Family-Centered Casework, Homemaker Services, Skills Development (for relative caregivers who have physical but not legal custody)

Adult and Family Support Services..... 615-862-6432
Provides direct services to the elderly, disabled, extended family, and homeless populations.

Brief Counseling 615-862-6432
Provides solution-oriented counseling for individuals with short-term goals.

- Adult Homemaker Program 615-862-6480
Serves frail elderly and disabled adults who need help with household tasks and/or personal care.
- Senior Nutrition Services 615-880-2292
Promotes health and well being of persons over 60 years of age by providing nutritious meals at congregate meal sites or delivering to senior homes.
- Burial Assistance 615-862-6458
Provides assistance to families experiencing grief from the loss of a loved one.
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Davidson County Relative Caregiver Program
Family and Children’s Service – 3203 Brick Church Pike, Nashville, TN 37208
615-226-4917

The Davidson County Relative Caregiver Program reaches out to families caring for a grandchild, niece, nephew, or other relative, respecting their unique situations while helping them maintain a stable and supportive environment. They provide supportive services, recreation and educational enrichment.

- Information, education and referrals to help families organize the services they need to care for children
- Support groups for grandparents and relatives caring for children
- Advocacy for caregivers and children in schools, court systems, health care, mental health agencies, public benefit programs, Child Protective Services, etc.
- Emergency Financial Assistance designed to meet one time short term needs and crisis situations
- On-site Material Assistance aiding the family in meeting basic needs of adequate shelter, clothing, and food
- Educational Workshops and Short-Term Family Case Management
- Tutoring and activities to enhance academic achievement for children and teenagers
- Respite & Recreation temporary break for caregivers to have some personal time
- Children’s Group with fun structured activities to enhance social interaction and emotional development
- Teen Workshops/Groups to promote positive values and skills needed in making a transition into Adulthood
- Caregiver Recreation for social interaction among adults encompassing fun and exciting activities
- Whole Family Recreation exciting field trips and activities for the entire family
- Youth at Work Program promoting job skills needed in preparation for future career opportunities
- Computer Learning Center a computer lab on site with web access used to promote academic achievement and growth in the area of technology training

General Information

There are several phone numbers you can call for information & assistance, if you're not sure about what services are already available or exactly what you need

Dial 2-1-1 for Community Services Information **211**

This is a new general number for all kinds of human services in our county – It's like 911, except for social services.

Metropolitan Government Services **615-862-5000**

Gateway to information about any department or service of the Metropolitan Government of Nashville and Davidson County.

Metropolitan Social Services **615-862-6458**

An information specialist can help you find services in Davidson County.

Senior Solutions **615-255-1010**

This information line is answered all the time - day and night. It's for information and eligibility screening for services for people over age 60, adults with disabilities, and their caregivers.

Disability Pathfinder **800-640-4636**

People with disabilities and those who care about them can find resources here.

Respite – Do You Need a Break?

Respite services are designed to give caregivers a short time of rest or relief. Someone cares for your loved one for a short time, so you can do other things, like take care of business, shop or just rest.

Tenn. Commission on Children and Youth **615-741-2633**

Family Caregiver Support Program **615-255-1010**

Area Agency on Aging & Disability program for caregivers over 60 caring for an elderly spouse or grandchild under age 18, or a person under age 60 caring for someone over 60.



Here are additional helpful resources – if you cannot find what you are looking for, please call Metro Social Services at 615-880-2526.



TENNCARE & MEDICARE

Family Assistance 1-866-311-4287
 For assistance, including reporting a change in your circumstances.
 TennCare Advocacy-Help 1-800-722-7474
 For other problems or questions
 TennCare Foreign Language Help:
 Arabic / Kurdish 313-9840
 Bosnian 313-9382
 Somali 313-9894
 Vietnamese 313-9899
 Medicare Counseling 862-8828
 (State Health Insurance Program – SHIP)

FOOD

Food Stamp Help (Manna’s Outreach) 329-0022
 Second Harvest Food Box 329-3491
 After Hours Emergency Food 250-4300
 (American Red Cross)

 Supplemental Food Program 862-7907
 Metro Health Department program provides nutrition education and commodity foods to low income pregnant or breast-feeding women, infants and children to age 6, and adults age 60 and over.

Nutrition Program 862-2292
 Metro Social Services provides nutritious meals in senior dining settings or in the home, including liquid nutrition supplements

FINANCIAL

Metro Action Commission 862-8860
 Includes help with utility bills, rent payments, etc.

FINANCIAL - UTILITIES

Campus for Human Development 251-9791
 Financial assistance for low-income families
 Project Help
 Nashville Gas Co... 734-0665
 Nashville Electric Co. 736-6900
 For low-income, elderly, and disabled, helps with heating bills (Big Brothers of Nashville)

HEALTH & MENTAL HEALTH

Bridges to Care (for uninsured) 259-3567
 Metro Health Prescription Drugs 862-5900
 Interfaith Dental Clinic 329-4790
 La Paz Family Hispanic Clinic 222-1400
 Siloam Health Center 298-5406
 Parish Nursing/Health (Vanderbilt) ... 343-2019
 Centerstone (mental health) 460-4357

TRANSPORTATION

Bus Discount Pass 862-5950
 Senior citizens and people with disabilities are eligible for training and discount bus passes from the Metro Transit Authority

 AccessRide 880-3970, Ext. 1107
 Eligibility screening required

 TennCare Transportation 333-5445

TAX HELP

There are free programs to help you know about income tax, including credits and deductions.

The AARP Tax Aide Program, toll free to 866-295-7274 or 888-687-2277 (it is not necessary to be a member of AARP)

VITA - Volunteer Income Tax Assistance Program

The VITA Program offers free tax help to low- to moderate-income (\$38,000 and below) people who need help to prepare their tax returns, and helps claim EITC (Earned Income Tax Credit) for those with lower incomes. Call 211 to find convenient locations in Nashville.

Tax Counseling for the Elderly

Provides free tax help to people age 60 and older with trained volunteers from non-profit organizations. Call 800-829-1040.