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AARP Tennessee Partners with Lotsa Helping Hands to Support Caregivers

New Online Communities Promote Caregiver Relief, Volunteer Engagement

Wellesley, Mass. (April 23, 2013) – AARP Tennessee and [Lotsa Helping Hands](http://lotsahelpinghands.com) today announced a partnership to support Tennessee caregivers and volunteers through free online caring communities. Powered by Lotsa Helping Hands, AARP Tennessee will enable support for caregivers and volunteers throughout the state in two ways.

AARP Tennessee will empower caregivers to tap into and organize the help they need from family, friends, and neighbors by creating a [private caring community](#). Private communities provide relief to a caregiver who is juggling daily tasks or experiencing caregiver exhaustion by coordinating help with daily activities. In addition, AARP Tennessee will have access to Lotsa's innovative service to bring together volunteers and caregivers in local towns and neighborhoods who want to rally around a service project, multiple families facing a medical crisis, or help for a homebound aging neighbor.

"AARP has a long history of volunteer and member engagement in Tennessee. This partnership supports our mission of service by providing a tool our volunteers can use as they help organize work in communities and reach out to provide real support to caregivers around the state," said Rebecca Kelly, State Director for AARP Tennessee.

"AARP Tennessee is leading the way by offering Lotsa Helping Hands to its members. Not only are they growing community, they're also encouraging and growing volunteer engagement," said Hal Chapel, Co-Founder and CEO, Lotsa Helping Hands. "At Lotsa Helping Hands, we are thrilled to collaborate with AARP Tennessee and look forward to further empowering friends, neighbors, family members, colleagues, and volunteers, making it easy for them to support caregivers in their state."

Lotsa Helping Hands is a free resource that powers offline help online through the creation of Private websites featuring a Help Calendar for organizing tasks, Community Building features to promote emotional support, and a Vital Information section that provides a safe and practical way to keep track of medical records as well as financial and health information. Since 2005, Lotsa has powered the completion of 2.9 million tasks, all providing [caregiver support](#). Each AARP Tennessee community is completely customizable based on the needs of each specific caregiver. Once approved, family, friends, and neighbors can sign-up and be responsible for specific tasks. AARP Tennessee provides resources and information specific to the needs and resources in the state in these communities.

AARP Tennessee joins the Alzheimer's Association, American Brain Tumor Association, American Lung Association, American Parkinson Disease Association, Kidney Cancer Association, Caregiver Action Network, The Leukemia & Lymphoma Society, Muscular Dystrophy Association, and the National Health Council as a Lotsa Helping Hands nonprofit partner.

Caregivers and volunteers in AARP Tennessee communities join nearly 1.4 million Lotsa Helping Hands members operating in Lotsa communities across the country. To create your own caring community, visit aarptn.lotsahelpinghands.com.

About AARP

AARP is a nonprofit, nonpartisan membership organization that helps people 50+ have independence, choice and control in ways that are beneficial and affordable to them and society as a whole. We produce AARP The Magazine, published bimonthly; AARP Bulletin, our monthly newspaper; AARP Segunda Juventud, our bimonthly magazine in Spanish and English; NRTA Live & Learn, our quarterly newsletter for 50+ educators; and our website, www.aarp.org. AARP Foundation is an affiliated charity that provides security, protection and empowerment to older persons in need with support from thousands of volunteers, donors, and sponsors. We have staffed offices in all 50 states, the District of Columbia, Puerto Rico and the U.S. Virgin Islands.

About Lotsa Helping Hands

Lotsa Helping Hands powers Private online caring communities that help restore health and balance to caregivers' lives. The free service brings together caregivers and volunteers through online communities that organize daily life during times of medical crisis or caregiver exhaustion in neighborhoods and communities worldwide.. To date, nearly 1.4 million members have lent a hand through a Lotsa Helping Hands community and more than 50 national nonprofit organizations partner with Lotsa to support caregivers. For more information about Lotsa Helping Hands, visit www.lotsahelpinghands.com.

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