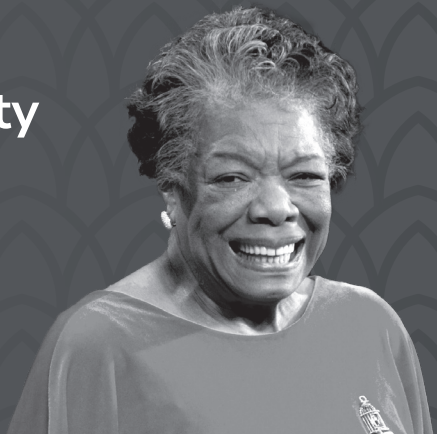


Maya Angelou Center for Health Equity

# CAREGIVER COLLEGE (MC2)



**MC2 is an in-person culturally relevant educational training series designed for caregivers.**

The Charlotte conference will focus on topics that provide critical information about Alzheimer's disease, caregiving coping strategies and approaches for seeking community-based resources.

Free parking and meals will be provided.

**DATE AND TIME:**

January 11, 2024

8:15 am – 4:00 pm

**LOCATION:**

Friendship Missionary Baptist Church

3400 Beatties Ford Rd,  
Charlotte, NC 28216



*“I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.”*

– Maya Angelou

**REGISTER TODAY! SEE LINK AND OR QR CODE BELOW:**

<https://tinyurl.com/MACHECharlotteCC2024>



**Wake Forest University  
School of Medicine**

# MACHE CAREGIVER COLLEGE (MC2)

**PURPOSE:** Maya Angelou Center for Health Equity (MACHE) Caregiver College (MC2) is a culturally relevant educational experience focusing on topics that provide critical information about Alzheimer's disease (AD) and about community-based resources available to informal caregivers in the communities to which they are connected. Once participants complete MC2, they will be tasked with returning to their communities to share their newly gained or enhanced Alzheimer's disease knowledge and resources through conducting educational activities as MACHE Alzheimer's Caregiving Community Health Ambassadors.

## **OBJECTIVES:**

- To improve informal caregivers' understanding of AD and related disorders
- Enhance the quality of life for AD patients and caregiver's by providing awareness of and access to resources that can help reduce caregiver burden
- Provide strategies to manage symptoms associated with AD
- Fill a gap in culturally relevant health education and awareness on AD, brain health, and dementia caregiving skills for African Americans.

**METHODS:** Sessions will be conducted by experts in various fields including AD, social work, nursing, aging, art, exercise and health education. Participants will be prepared for, and plan, community events and be equipped with caregiving resources for sharing with community members. Topics covered will include an Alzheimer's Overview, Risk Factors and Related Disorders, Home Safety and Life Planning, Healthy Aging, and Care for the Caregiver.



## **CHARACTERISTICS OF CAREGIVER COLLEGE PARTICIPANTS:**

For Caregiver College participants to be successful both during the training conference and afterwards, there are some key traits we have identified to be beneficial. MC2 participants will be identified based on being persons already helping community members by virtue of their community roles, occupations, leadership positions in the church or other community-based organization, or their own inherent motivation to help their communities. A direct experience with providing informal caregiving or a desire to assist caregivers in the community will be an important consideration. Willingness to engage with groups, through public speaking or small group interactions will be preferred. Willingness to acquire resources and AD information via internet will be essential.

## **SPONSORSHIP FOR CAREGIVER COLLEGE:**

MACHE Caregiver College is funded by a grant to the center through the Centers of Disease Control BOLD grants and the State of North Carolina.

