



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

The Wilson Caregiver College 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:

February 26-28, 2024

8:00 am – 4:00 pm

LOCATION:

St Paul Church of Christ

4009 Lake Wilson Rd,



“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.”

<https://redcap.wakehealth.edu/redcap/surveys/?s=RCK93LME7YEEH9HH>

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.



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.

DISCLAIMER: This project was supported in part by grant number 00045130 from the North Carolina, DHHS, Raleigh, NC 27603.

CHARACTERISTICS OF CAREGIVER COLLEGE PARTICIPANTS:

For Caregiver College participants

to be successful 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 family or community members by virtue of their community roles, occupations, leadership positions, or their own inherent motivation to help their families/communities. A direct experience with providing informal caregiving or a desire to assist caregivers in the community will be an important consideration. 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.