



EMORY

NELL HODGSON  
WOODRUFF  
SCHOOL OF  
NURSING

## THE MCI Partners Program



**A 5-Week Group Program For Persons with Mild Cognitive Impairment and their Family Care Partner.**

### **Participation:**

**Persons diagnosed with MCI and meet the following requirements are eligible to participate:**

- Meet diagnostic criteria at a pre-program screening**
- Have a “program partner” (spouse, family member, close friend) who has contact at least two times per week and is willing to come to the five sessions**
- Commits to coming to all five sessions**

**An individual with serious visual or hearing impairment, history of reading or written expression disability may not qualify for this program.**

## The MCI Program:



This is a 5-week group program for persons with Mild Cognitive Impairment and their family care partner. It aims to help those who attend to understand the condition. It also aims to help them develop ways to manage the condition and make plans for the future together.

Planning for living with a chronic illness is essential. Each of us should consider what our lives may be like as we get older. What plans can we make now to ease the burden for ourselves and our families as time goes by?

This two-hour per week class is being tested to see if those who take part find the program helpful and acceptable.

Each session will be led by two professionals with background in elder care,

nursing, or social work. Sessions will include:

- short talks on important topics, such as what is a chronic condition called MCI?
- opportunities for discussion with the leaders and other members of the group (up to ten people) about living with MCI
- activities that help you develop ways to address symptoms
- strategies to promote and maintain healthy brain (including exercise, nutrition, meditation, memory supports)
- activities and strategies at home
- coaching by professionals
- practice developing plans for the future and making decisions



## Meeting Schedule and Structure:

We will meet on a day and time agreed upon by all group members.

Each program will enroll up to five MCI and care partner dyads.

All participants will meet together in the sessions, although we will break into two groups at times for discussions.

**The MCI Partners Program is offered at no charge to participants and their program partners.**

### **Contact Us:**

If you are interested in participating or receiving more information, please contact:

**Noah Duncan @ 404-728-6544**