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TAKE CHARGE!

EDUCATE. SUPPORT. EMPOWER.



300 Billingsley Rd #108 | Charlotte | NC 28211



Take Charge! is Memory & Movement Charlotte's (MMC) comprehensive, interactive education and support program. Living with a memory or movement disorder or caring for that person is a process that changes over time. *Take Charge!* empowers the patient and caregiver every step of the way. Your care team at Memory & Movement Charlotte is here to help. Let's get started!

Benefits of Take Charge!

- ▶ Knowledge allows patients and caregivers to play a central role on the healthcare team, bringing a sense of control and less anxiety.
- ▶ Understanding how to manage day-to-day issues and reduce safety risks is a vital part of maintaining health and independence.
- ▶ Patients and caregivers who learn how to stay healthy and manage the stress of chronic illness improve their quality of life.

Take Charge! Components:

PERSONALIZED HEALTH BINDER

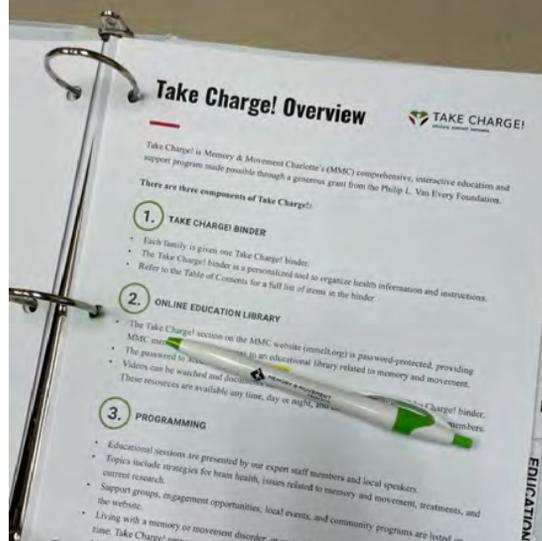
Organize health information, medications and provider instructions in one place.

ONLINE EDUCATION LIBRARY

View informative videos and handouts 24/7.

LIVE EDUCATION PROGRAMS

Attend seminars on a variety of topics related to memory and movement disorders.



“ Your constant desire to treat your patients with the best medical care, to empower your patients and their family members, and to grow and excel overall is absolutely extraordinary!

– Harsha Mirchandani, Caregiver

“ You all have been an extension of the care not only for my mother and father but for all our extended family and friends. We are so excited about the *Take Charge!* Initiative and the impact it is going to have on family and caregiver lives.

– Boyd Holland, Caregiver



Take Charge! is the culmination of 7+ years of experience educating and supporting individuals with memory & movements disorders and their loving caregivers. Over the years, MMC has compiled a wealth of information, resources and knowledge which will now be “packaged” and personalized for each caregiver, enabling them to Take Charge! in their role as a caregiver. We are incredibly grateful to the **Philip L. Van Every Foundation** for this generous grant, enabling MMC to empower caregivers throughout the caregiving journey.

– Janet LeClair, Executive Director