

Seeking Trusted Messengers/Trainers

Are you a person with the desire to reach, educate, and empower people in your community to lead healthier lives? We're seeking committed and passionate people to offer workshops and guide conversations about better brain health and dementia-awareness.



Trusted Messenger/Trainer Role:

Trusted Messengers are excellent communicators who empower community members to take action in their own lives to address brain health and dementia. They offer interactive learning opportunities and facilitate group conversations; however, no matter their profession, they do not provide medical or counseling advice themselves.

Trusted Messengers/Trainers are people with strong connections to and within a community. They collaborate with Faith-Based or Community Organizations to provide training about brain health and dementia awareness to interested participants using approved resources and training materials.

RESPONSIBILITIES:

- ➔ **Participating** in the Department of Health brain health and dementia awareness train the trainer program
- ➔ **Scheduling** at least two outreach/training sessions per year within their community
- ➔ **Reporting** participation and outreach activities to Department of Health per grant requirements

TIME COMMITMENT:

Minimum one-year commitment to the Trusted Messenger Role:
 Required Train-the-Trainer Workshop | **6.5 hours total**
 Prepare, Present & Report Participation for 2-Hour Brain Health and Dementia Awareness in Our Communities Workshop | **~8 hours/workshop**

COST:

There should be no out-of-pocket costs to be a Trusted Messenger/Trainer. Costs for all required training and materials will be covered by grant monies through the Department of Health.

SUPPORTED BY:

Community/Faith-Based Organization
| Workshop Coordination

Department of Health & Healthy Aging Initiative Staff
| Training & Technical Questions

TRANSFERABLE SKILLS:

- Active Listening
- Adaptability
- Communication
- Conflict Management
- Critical Thinking
- Facilitation-Training
- Leadership
- Organization
- Problem-Solving
- Public Speaking
- Relationship-Building
- Reliability