

For further information please contact:

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Care with Confidence

and
**Carer Support
Activities**

Every Wednesday

26th August – 25th November 2015

10am – 12noon

**Hawkhill Community Centre,
132 Hillcrest Drive,
Alloa**

Quality Assurance



Principal Funders



Clackmannanshire Council



Network Member



Care with Confidence and Carer Support Activities for carers throughout Clackmannanshire

26th August

Planning for the Future

To help carers to consider future plans including end of life preparations.

2nd September

Foot Care

Your feet are probably the last part of your body you think about -- until they start hurting. Come along and learn from a podiatrist, the best way to look after your feet and those of the person you care for.

9th September

Power of Attorney followed by the Carers Café

What would you do if the person you care for lost the capacity to make decisions on their own? Come along to find out about Power of Attorney.

16th & 23rd September

Residential Care

There is so much to consider when thinking about long stay care. A gentle guide to making the decision and looking at costs.

30th September

Self-Directed Support

Find out more about your options when arranging and choosing care to meet the needs of your relative. Learn about the 4 options available.

7th October

Stress

Ensuring that carers are able to recognise stress, its impact on them and to give them methods to relieve and deal with stress.

21st October

Carers Focus Group followed by the Carers cafe

An opportunity for carers to discuss what is good about the Care with Confidence programme and what they would like in the future.

28th October

Funeral Care

Planning for a funeral – what practical things you need to do and what you can do in advance.

4th November

Craft & Relaxation

Crafting as a hobby is a simple but effective way of relaxing. Find your creative side, hidden skills and perhaps find helpful ways to relieve stress

11th November

Telecare

We will look at examples of the use of Telecare to support families, including falls and flood detectors at home.

18th November

Relax and Re-energise

To introduce carers to some simple exercise methods which will help them to relax and also re-energise the body and mind.

25th November

Carers Forum followed by the Carers café

On Carers Rights Day – an opportunity for carers to come together, meet with professional workers and have a light lunch

There is no cost to attend these sessions.

You can come along to the Carers Café without attending the session before.
