

For further information please contact:

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Falkirk & Clackmannanshire Carers Centre

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Quality Assurance



Principal Funders



Network Member



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Care with Confidence

Autumn Programme

Tuesdays

25th August – 24th November 2015

10am – 12noon

**Carers Centre
1a Bank Street
FALKIRK
FK1 1NB**

A Care with Confidence programme for carers from across Falkirk

25th August

Dementia – Treatments (a follow-on from the spring sessions)

An open question and answer session with Dr. Gillian McLean, Consultant Psychiatrist in Older People's Services, Forth Valley.

8th Sept

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.

15th September

Challenging Behaviour

Carers often have to deal with challenging behaviours in a range of different circumstances. This session will explore how we can respond positively.

22nd September

Power of Attorney

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.

29th September

Dementia – ask the expert

An open question and answer session with Dr. Gillian McLean, Consultant Psychiatrist in Older People's Services, Forth Valley

6th and 13th October

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.

20th October

Funeral Care

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

27th October

Dementia – (topic will be decided by carers on 29th Sept)

An open question and answer session with Dr. Gillian McLean, Consultant Psychiatrist in Older People's Services, Forth Valley.

3rd November

Relax & Re-energise

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

10th November

Grief & Bereavement

Helping you to understand your grief and how to cope with it.

17th November

Christmas Crafts

A chance to have some time out making cards, decorations or gifts.

24th November

Dementia - (topic will be decided by carers on 29th Sept)

An open question and answer session with Dr. Gillian McLean, Consultant Psychiatrist in Older People's Services, Forth Valley.

There is no cost to attend these sessions