

There is no cost to attend the sessions.

To enable you to come along, the Carers Centre may be able to help organise alternative care for the person you care for.

For further information please contact:
Ian McCourt - Training Co-ordinator



Falkirk & Clackmannanshire Carers Centre

Ludgate House
Mar Place
Alloa
FK10 2Ad

Telephone: **01259 226838**
E-mail: ianmccourt@centralcarers.org
Website: www.centralcarers.org



Care with Confidence

Information about Dementia

Thursdays

5 October – 9 November 2017

10:00 am – 12:00 pm

Day Therapy Unit

Clackmannanshire Community Healthcare Centre
Whins Road,
Sauchie, Alloa
FK10 3JQ

Quality Assurance



Principal Funders



Network Member



Information about dementia Oct - Nov 2017

To book a place, or for further information, please contact:

Ian McCourt

Training Co-ordinator

Phone 01259 226838

E-mail ianmccourt@centralcarers.co.uk

or complete the form below and post to:

Falkirk & Clackmannanshire Carers Centre
Ludgate House
Mar Place, Alloa
FK10 2AD

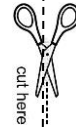
Please **tick** the sessions you wish to attend:

- | | | |
|--------------------------|---------------------|--------------------------------|
| <input type="checkbox"/> | Thursday 5 October | What to expect |
| <input type="checkbox"/> | Thursday 12 October | Dementia, Delirium, Depression |
| <input type="checkbox"/> | Thursday 19 October | Planning for the Future |
| <input type="checkbox"/> | Thursday 26 October | Treatment for dementia |
| <input type="checkbox"/> | Thursday 2 November | Community Care & Telecare |
| <input type="checkbox"/> | Thursday 9 November | Your choice – what next |

Name _____
Address _____
Postcode _____
Telephone _____ Mobile _____
Email _____

This is the programme we plan to deliver, however, during our discussions on 'What to expect' in the first week, carers can tell us if they would like some other topics so we can adjust the programme.

While it is possible to book individual sessions, we would recommend that you try to book up for the six weeks of the programme.



5 October **Dementia - What to expect?**

A gentle introduction to dementia, getting to know each other, as well as, what you can expect from the session in the following weeks and perhaps, what else you would like to know.

12 October **Dementia, Delirium, Depression**

Learn to recognise the signs of delirium and what you can do to help someone with delirium feel calmer and more in control. Find out how delirium is treated and how long it takes to recover.

19 October **Planning for the Future**

Facing the time ahead can be difficult for anyone; we hope to support you while you consider future plans, including a gentle glimpse at end of life preparations.

26 October **Treatment for Dementia**

Various treatments, including medication, can help manage the symptoms of dementia. They may not be suitable for everyone but knowing what is available may help you discuss appropriate treatments.

2 November **Community Care Services & Telecare**

How does your local authority provide community care services? Find out about new initiatives such as Self Directed Support. Learn how technology can assist you in your role as a carer. This includes the MECS services and much more.

9 November **Your choice – What next?**

During the programme you will have the opportunity to discuss with us what other topics/ issues you would like us to cover. We will try to do this during our last week along with considering what comes next and where you can get ongoing support.