

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

Telephone: **01259 226838**

E-mail: [ianmccourt@centralcarers.org](mailto:ianmccourt@centralcarers.org)

Website: [www.centralcarers.org](http://www.centralcarers.org)

**Falkirk & Clackmannanshire Carers Centre**

Ludgate House

Mar Place

Alloa

FK10 2Ad



## Care with Confidence

# Information about Dementia

**Thursdays**

**1 March – 5 April 2018**

**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 Mar - Apr 2018

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

**Ian McCourt**

**Training Co-ordinator**

Phone 01259 226838

E-mail [ianmccourt@centralcarers.co.uk](mailto: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 1 March  | Dementia - What to expect?         |
| <input type="checkbox"/> | Thursday 8 March  | Dementia, Delirium, Depression     |
| <input type="checkbox"/> | Thursday 15 March | Treatment for Dementia             |
| <input type="checkbox"/> | Thursday 22 March | Planning for the Future            |
| <input type="checkbox"/> | Thursday 29 March | Community Care Services & Telecare |
| <input type="checkbox"/> | Thursday 5 April  | 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 suggest other topics so we can adjust the programme accordingly.

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



**1 March**

**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.

**8 March**

**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.

**15 March**

**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.

**22 March**

**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.

**29 March**

**Community Care Services & Telecare**

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

**5 April**

**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.