

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:  
**Donna Mulder** - Training Co-ordinator



#### Falkirk & Clackmannanshire Carers Centre

Bank Chambers  
1a Bank Street  
FALKIRK  
FK1 1NB

Telephone: **01324 611510**  
E-mail: **centre@centralcarers.org**  
Website: **www.centralcarers.org**

Quality Assurance



Principal Funders



Network Member



Managed by Central Carers Association (Falkirk & Clackmannan) | Company Limited by Guarantee  
Company No SC184443 | Scottish Charity No SC023658



## Care with Confidence

# Programme

## May 2018

Tuesday

10.30 am – 12.30 pm

Falkirk & Clackmannanshire Carers Centre

1a Bank Street

FALKIRK

FK1 1NB

# Care with Confidence

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

**Donna Mulder**

**Training Co-ordinator**

Phone 01324 611510

E-mail centre@centralcarers.co.uk

or complete the form below and post to:

**Central Carers Association  
FREEPOST SCO167  
FALKIRK  
FK1 1BR**

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

- Tuesday 15 May**      **MECS & Overnight MECS**
- Tuesday 22 May**      **Planning for the Summer Holidays**
- Tuesday 29 May**      **Types of Dementia & Delirium**

Name \_\_\_\_\_

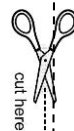
Address \_\_\_\_\_

Postcode \_\_\_\_\_

Telephone \_\_\_\_\_

Mobile \_\_\_\_\_

Email \_\_\_\_\_



**Falkirk & Clackmannanshire Carers Centre    10:30 am – 12:30 pm**

## **15 May**      **MECS & Overnight MECS**

Find out how MECs and other appropriate new technology can help reduce stress and anxiety and lengthen the period of independent living at home. Learn how MECS overnight care can help prevent hospital admission.

## **22 May**      **Planning for the Summer Holidays**

Holiday insurance can be difficult when someone has a Long Term Condition. Which holiday homes accommodate those with mobility issues? Does dementia friendly holiday accommodation exist? Come along to find out more.

## **29 May**      **Types of Dementia & Delirium**

Alzheimer's disease is the most common type of dementia, but there are other types of dementia too. Come along to find out about the most common forms of dementia, including symptoms, diagnosis and treatments.

Delirium is a common condition experienced by people living with dementia. Learn how to recognise it and what help the person will need to recover. We will also share strategies to help the person during this sometimes distressing condition.