

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

Rebecca Fowler  
Training Co-ordinator



Falkirk & Clackmannanshire Carers Centre  
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FK1 1NB

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Care with Confidence

## Frontotemporal Dementia Carer Information Sessions

January to March 2019  
1.30 pm to 3.30 pm

Falkirk & Clackmannanshire Carers Centre  
1a Bank Street  
Falkirk  
FK1 1NB

## Frontotemporal Dementia Carer Sessions

The Frontotemporal Dementia Carer Sessions are open to carers of people with a confirmed diagnosis of Frontotemporal Dementia. The monthly sessions provide information and support to carers in an informal setting. Professionals are also invited on a regular basis to talk about the clinical, social and legal aspects of care.

The following programme will take place on the last Friday of each calendar month from 1.30 pm to 3.30 pm.

### Friday 25 January

#### Food for Thought

The session will explore changes in eating habits faced by those with dementia and provide tips and strategies for better nutrition and understanding.

### Friday 22 February

#### Assertiveness

Get hints and tips on how to improve your communication, assertiveness and negotiation skills. There will also be practical advice on getting the best out of support in your local area.

### Friday 29 March

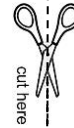
#### Making Decisions

Gain insight into the practical and emotional aspects of planning and decision making. You will learn different coping strategies and explore techniques to help you plan ahead.

### The group will be facilitated by:

Occupational Therapist  
Training Coordinator

Ruth Gardner  
Rebecca Fowler



There is no cost to attend the sessions.

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

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

**Rebecca Fowler**  
**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:

- |                          |                    |                  |
|--------------------------|--------------------|------------------|
| <input type="checkbox"/> | Friday 25 January  | Food for Thought |
| <input type="checkbox"/> | Friday 22 February | Being Assertive  |
| <input type="checkbox"/> | Friday 29 March    | Making Decisions |

Name \_\_\_\_\_  
Address \_\_\_\_\_  
Postcode \_\_\_\_\_  
Telephone \_\_\_\_\_ Mobile \_\_\_\_\_  
Email \_\_\_\_\_