

## Care with Confidence Grangemouth Zoom Sessions

Thursdays 10:30 am – 12 noon

If you are a carer living in Grangemouth and would like to attend any of these sessions but are not sure how to get online, how to join a Zoom meeting, or simply want to book a place, please get in touch (see our contact details below). We can offer one to one support to help you get set up to join some or all of the sessions.

**9 July 2020**

**Living Well at Home as we Age**

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Occupational Therapist Ruth Gardner takes us around our homes and gives information on why we might need to make them safer as we get older and tips on how to do so. Share your experiences and solutions as well.

**23 July 2020**

**Self-Directed Support- Forth Valley**

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SDS Forth Valley are the support service in the Forth Valley area who, in working closely with the three local authorities, provide guidance and information regarding the self-directed support options in receiving care and support at home. This presentation is intended to prepare you for the process and to allay any anxieties that you may have in approaching your local authority for support. Having this information prior to approaching social work empowers you to be proactive in asserting your rights and ensuring that support is delivered in a way that supports your choice and control.

**30 July 2020**

## **The Six Legal Must Do's**

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David Borrowman, Senior Partner of the Caesar and Howie Law Group, (who are founder members of Solicitors for Older People Scotland), will take us through the Six Legal Must Do's which includes: Wills, Power of Attorney, Advance Directives, Legal Aid, Care Costs and Equity Release.

**6 August 2020**

## **Well Being Scotland**

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In this time of crisis, Well Being Scotland are committed to giving mental health support to those currently on a waiting list for NHS Mental Health Services. Find out how to access it and what this service can offer as lockdown lifts.

**20 August 2020**    **NHS Scotland Patient Forth Valley TBC**

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Full content to be confirmed

To book on any of the above sessions, or for further information, please contact:

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Principle funders

