

Care with Confidence Falkirk (Zoom) Sessions

Tuesdays 10:30 am – 12:30 pm

If you are a carer and would like to attend any of these sessions,
but are not sure how to go online, or how to join a Zoom meeting,
please contact [Donna Mulder](#) – see contact details below

29 September [Dementia Tips for Carers](#)

A better understanding of the causes of certain behavioural changes in someone with dementia can help you to avoid confrontation and arguments. Come along to get some hints and tips on how to change your approach and perhaps share an experience that helped you cope with a difficult situation.

06 October [What is Technology Enabled Care?](#)

As all analogue phone lines are switched off, digital technology will open up a world of opportunities for people to remain safe and well within their own homes. Smart devices can be voice activated for medication reminders, smart door locks and calling for help. These functions can be activated by the service user or where appropriate controlled by a third party remotely. The possibilities are endless. Come along to learn more about how this new technology can enhance the quality of life for families and carers.

13 October [Moving & Handling Hints for Carers](#)

It is essential to know about safe moving and handling so you don't hurt yourself or the person you look after. The most common injuries carers suffer are back injuries. But you can also hurt the person you care for if you do this incorrectly. This can lead to damaging fragile skin, cause shoulder and neck injuries, increase existing breathing difficulties, or cause bruising or cuts. Come along to learn the dos and don'ts of "Moving and Handling"

To book a place or for further information, please contact

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Principle funders

