

Care with Confidence

Zoom Sessions

October/November 2020

Thursdays 10.30 am – 12 noon

If you are a carer 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 the sessions.

1 October 2020 **Home Fire Safety-New Scottish Legislation**

Learn what homeowners need to know about changes in legislation relating to fire and smoke alarms. This new legislation will come into force in February 2021. **The legislation states that an “Interlinked Fire and Smoke alarm system” must be fitted in every property** and that there should be adequate Carbon Monoxide protection. Find out how this will affect you.

8 October 2020 **TBC**

22 October 2020 **Talking Mats**

Do you care for someone with communication difficulties? Talking Mats is a tool for communication which can be used by adults and children to help them be fully involved in the planning of their care and in helping them to express their views and wishes in their day to day life. A member of the Talking Mats team, based in Stirling, will demonstrate the basis of their communication tool, and give details about training courses for those who want to use this to support people they know.

5 November 2020 **What is Technology Enabled Care?**

As all analogue phone lines are switched off, digital technology will open a new world of opportunities for people to remain safe and well within their own homes. Smart devices can be voice activated to give medication reminders, enable smart door locks, call for help and much, much more. These functions can be activated by the service user or where appropriate controlled by a third party remotely. The possibilities are endless. Not sure what to ask Santa to bring you? Come along to learn more about how this new technology can enhance the quality of life for families and carers and maybe solve your Christmas gift dilemma.

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

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