

## Care with Confidence Zoom Sessions November/December

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.

### **12 November 2020**    [Emergency Plans](#)

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What would happen if you had an emergency and could not fulfil your caring role? How would anyone know who to contact? Who could step in and would they know what to do? An emergency plan can prevent an emergency become a crisis. Even if you have an emergency plan, when did you last review and update it?

### **19 November 2020**    [Moving & Handling; Hints & Tips for Carers](#)

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Members of Falkirk Council's Workforce Development Team will talk to you about moving and handling, particularly moves to avoid and why. All the team have care backgrounds and since Lockdown they have been working within Home Care. We invite questions throughout this session and hope to be able to answer them all

### **26 November 2020**    [Carers Rights Day](#)

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Falkirk Carers Forum this year will be held on Carers Rights Day on Thursday 26<sup>th</sup> November. This year the theme for Carers Rights Day is 'Know Your Rights' so instead of the usual forum format, we will be hosting the forum as 'Question Time' so we are inviting carers to ask a question to

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a 'panel member' which can be someone from a professional organisation such as local authority, NHS or other 3<sup>rd</sup> Sector organisation. This will be a light-hearted session and all carers are welcome to join as the audience even if they do not wish to ask a question.

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### **3 December 2020**     **Dementia Tips for Carers**

A better understanding of the causes of certain behavioral 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.

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### **10 December 2020**     **Focus Group & Planning**

Review of previous CWC sessions: An opportunity to tell us what you have found to be most useful of the Zoom sessions. Then give us and your thoughts and views on what you would like to do in the coming new Year

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### **17 December 2020**     **Healthcare Improvement Scotland**

Wendy McDougall is an Engagement Officer with Healthcare Improvement Scotland. She will provide a brief overview of the organisation, the role and remit of the Community Engagement directorate and their role in supporting communities to help shape health and care services.

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

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