

To book a place or for further information please contact:

Rebecca Fowler  
Training Co-ordinator

Phone 01324 611510  
E-mail rebeccaflower@centralcarers.co.uk



**Falkirk & Clackmannanshire Carers Centre**  
Bank Chambers  
1a Bank Street  
FALKIRK  
FK1 1NB

Telephone: 01324 611510  
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Care with Confidence

# Fronto Temporal Dementia Carer Sessions

April - June 2017  
1.30 pm to 3 pm

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

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:

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**Rebecca Fowler**  
**Training Co-ordinator**

Phone 01324 611510  
E-mail rebecca.fowler@centralcarers.co.uk

or complete the form below and post to:

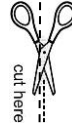
Central Carers Association  
FREEPOST SCO167  
FALKIRK  
FK1 1BR

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Please **tick** the sessions you wish to attend:

- |                          |                 |                              |
|--------------------------|-----------------|------------------------------|
| <input type="checkbox"/> | Friday 28 April | Community Dietician          |
| <input type="checkbox"/> | Friday 26 May   | Dementia Outreach Team       |
| <input type="checkbox"/> | Friday 30 June  | Handling Anxiety & Agitation |

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



## Fronto Temporal Dementia Carer Sessions

The Fronto Temporal Dementia Carer Sessions are open to carers of people with a confirmed diagnosis of Fronto Temporal 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 pm.**

### Friday 28 April

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#### Community Dietician

Changes in eating habits and problems with the mechanical processes of eating are common in dementia and greatly affect a person's relationship with food. Come along to get some hints and tips to identify and address issues in this area.

### Friday 26 May

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#### Dementia Outreach Team

Known as DOT, the Dementia Outreach Team is a new rapid response team established by NHS Forth Valley. Come along to learn about how they support care at home for patients with dementia and their carers.

### Friday 30 June

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#### Handling Anxiety & Agitation

Most of us feel anxious from time to time. This session will give you some hints and tips to help you ease feelings of tension.

**The group will be facilitated by:**

Occupational Therapist	Ruth Gardner
Training Coordinator	Rebecca Fowler