

## Care with Confidence Zoom Sessions August/September

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.

### **27<sup>th</sup> August 2020**      **NHS Forth Valley**

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With the disruption to Operations, National Screening programs and hospital visiting due to Covid 19 our speaker today will give us the latest information on how the NHS is adapting to open these services as lockdown eases

### **3<sup>rd</sup> September 2020**      **Mobile Emergency Care Services (MECS)**

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The MECs team can provide and install appropriate equipment, such as sensor mats and alarm systems which can help to reduce stress and anxiety and help people to remain in their own home. Those who can benefit from this service includes those with confusion, dementia, a sensory impairment, a predisposition to fall or other accidents at home. Come and find out how to link into this service and how the team is currently operating.

### **10<sup>th</sup> September 2020**      **Home Energy Scotland**

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The mission of Home Energy Scotland is to help people in Scotland create warmer homes, reduce their bills and help tackle climate change. You may be entitled to the “Warm Homes Discount” or a grant to help raise the energy efficiency of your property. Come along to find out more

## 17<sup>th</sup> September 2020 **Alzheimer Scotland**

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Alzheimer's Scotland is celebrating its 40<sup>th</sup> year of support of people with Dementia, their carers and their families. Come along and meet our local Dementia Advisor for Forth Valley and get the most up to date information on National and local services and how Alzheimer's Scotland are planning to re-open them

## 24<sup>th</sup> September 2020 **Talking Mats**

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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. Today we are joined by a member of the Talking Mats team, who are based in Stirling, they will show us the basis of their communication tool and give details about training courses for those who want to use this to support people they know.

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

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