

2021

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

26 January 2021 **Dentistry and Dementia**

When someone with dementia has to visit the Dentist, we have to consider:

- the level of independence, co-operation, thinking abilities, mental state, and physical impairment of the person with dementia
- what (if any) dental symptoms or problems the person is experiencing
- whether the person can give informed consent

Once these questions have been answered, the dentist will be able to decide on the most appropriate treatment. They will also decide how regularly they need to see the person

02 February 2021 **Focus Meeting**

We invite you to look back over the subjects covered in 2020 -
and help us plan the future “Care with Confidence” programs for 2021.

09 February 2021 **Living Well with Arthritis**

Evidence shows that physical activity is good for us, even when we have a long-term condition like arthritis. Regular physical activity has many benefits and helps us to remain well for longer and manage our pain more effectively. Come along to learn more about arthritis and some of the things you can do to help self-manage your condition.

To book a place or for further information, please contact

Donna Mulder Training Co-ordinator

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Principle funders

