

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

27 Apr 2021 **Dementia - Making Sense of Senses and Behaviour**

Recognise the eight senses and how they can affect our behaviour, as well as the behaviour of those you care for. We can then begin to consider strategies that could have a positive impact from a sensory point of view on behaviours. This in turn could have a positive impact on the relationship you have with the person you care for. Come along to find out more

04 May 2021 **Self Directed Support**

Self Directed Support Forth Valley, based in Grangemouth, support people to make informed choices in selecting the care services they need. Come along to this session to learn about the choices you have when you are offered a package of care.

11 May 2021 **French Tutoring – Exercise for the Brain**

Healthy ageing does not just involve physical activity. Your brain also needs a good workout. Learning a new language can: Boost your brain power, improve your memory, improve your listening abilities, increase your attention span and most importantly...it can be fun!
Come along to find out more.

To book a place or for further information, please contact

Donna Mulder Training Co-ordinator

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Principle funders

