

2022

Dementia Information Sessions

Monthly on Zoom or The Carers Centre

Tuesdays 10.30 am – 12.30 pm

For these sessions, you have a choice of attending on Zoom or in person at the Carers Centre, 1A Bank Street, Falkirk FK1 1NB.

If you are a carer and would like to attend any of these sessions either in person or online please contact Donna Mulder to book a place– see contact details below

26 April 2022 **Dementia – ReSPECT & Capacity**

ReSPECT stands for Recommended Summary Plan for Emergency Care and Treatment. The ReSPECT process creates a summary of personalised recommendations for a person's clinical care in a future emergency in which they do not have capacity to make or express choices. This includes a recommendation on whether or not CPR should be attempted if the person's heart and breathing stop. Come along to find out more.

31 May 2022 **Dementia – Self Care for the Carer**

Although you may be tired of hearing “you can't give proper care if you're not looking after yourself”, it is true. It's not indulgent to look after your own needs – it's necessary. Self-care doesn't have to involve a whole new regime. There are little things you can do each day to keep yourself healthy. Taking a little exercise, eating healthy food or taking an hour to simply switch off will make all the difference. Come along to learn more.

28 June 2022 **Dementia – Rookwood Driving Battery (RDB)**

Receiving a diagnosis of dementia does not automatically mean the person must stop driving. However, when this is in question, the challenge for clinicians is ensuring the decisions are made at an appropriate time with the driver and their family, to ensure everyone stays safe. Come along to learn about the Rookwood Driving Battery (RDB) which is a battery of simple neuropsychological tests designed to assess basic cognitive functions essential for safe driving.

To book a place or for further information, please contact

Donna Mulder Training Co-ordinator

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Principle funders

