

Dementia Information Sessions



**Monthly on Tuesdays
10.30 AM - 12.30 PM**



**Falkirk Carers Centre
or via Zoom**



**falkirk & clackmannshire
carerscentre**

If you are a carer, you can attend any of these sessions online on Zoom or in person at the Carers Centre, 1A Bank Street, Falkirk FK1 1NB.

27 January 2026

Dementia & Delirium

Delirium is common in people with dementia and can make them increasingly confused and distressed. Learn to recognise the signs and what you can do to help someone feel calmer and more in control. Find out how delirium is treated and how long it takes to recover.

24 February 2026

Dementia – Sundowning & Shadowing

You may notice that the person you care for becomes more confused and/or agitated in the late afternoon and evening. This is known as "Sundowning". Learn about the steps you can take to help reduce sundowning, for their benefit as well as your own. Shadowing is a form of behaviour in which a person with dementia follows their caregiver around. Find out how to manage this behaviour by gaining an understanding of why this occurs.

31 March 2026

Dementia – Behavior - Hints & Tips

Changes in behaviour can be one of the most difficult aspects of living with dementia. It's important to see beyond the behaviour itself and think about what may be causing it. There may be specific reasons why the person with dementia is behaving differently. Come along to learn more about what you can do to help.

*If you are a carer in Clackmannanshire, you are welcome to join these Falkirk sessions either over Zoom or, if you'd like to attend in person, travel may be provided.

To book a place or for further information on any of the above, please contact

**Donna Mulder
Training Co-ordinator**

**Phone: 07824 381280
Email: donnamulder@centralcarers.co.uk**