

Dementia Information Sessions



Monthly on Tuesdays
10.30 AM – 12.30 PM



Falkirk Carers Centre
or via Zoom



falkirk & clackmannanshire
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.

28 April 2026 **Dementia – Brain Health**

Come along to find out about the research called **OMNI “Oral Microbiome & Nitrates” for Brain Health**, which is being used to try and help improve the lives of people living with **Alzheimer’s Disease**. We will look at **Nitric Oxide**, which is a molecule in our bodies that helps keep our cardiovascular system healthy, and the **oral microbiome**, which is the community of microorganisms – mostly bacteria- living in the mouth. Come along to find out more about these topics and what the science says you can do to improve them.

26 May 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.

30 June 2026 **Dementia & Friends**

Whether it is visiting others with the person you care for, or friends visiting you and your loved one at home, there are many things to consider in making these visits more pleasant and relaxed. Join us for this informative session, where you will gain a better understanding of this condition and increase your confidence about visiting or receiving visitors when caring for someone with dementia.

To book a place or for further information on any of the above, please contact
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Training Co-ordinator **Email: donnamolder@centralcarers.co.uk**

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