

## Care with Confidence



**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.**

### **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.

### **02 June 2026**    **Falkirk Library Visit**

This session will take place at the Falkirk Library at Hope Street in Falkirk, FK1 5AU, so it will not be possible to attend on Zoom. We will meet at the library, and the Senior Library Assistant, Evelyn, will give us a tour and a brief chat about the library services. To name but a few, you can not only borrow books from the library but also musical instruments, tablets, and jigsaw puzzles. You have access to Wi-Fi and PCs. This is where you can pick up your hearing aid batteries. Come along to the library to find out more about all the services available.

### **09 June 2026**    **Carers Week**

**More Information to follow.**

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

**Donna Mulder**  
**Training Co-ordinator**

**Phone: 07824 381280**  
**Email : [donnmulder@centralcarers.co.uk](mailto:donnmulder@centralcarers.co.uk)**

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