

## 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 some of these sessions online on Zoom, or in person at the Carers Centre, 1A Bank Street, Falkirk FK1 1NB.**

### **29 September 2026 Caring for Smiles**

We will welcome Louise Balfour, Oral Health Dental Nurse, NHS Forth Valley for this session. Your oral health and the person's oral health you care for are more important than you may think. Did you know problems in the mouth can affect the rest of your body? Are you aware of different toothbrushes available to clean the mouth and teeth?

### **27 October 2026 Dementia and Sensory Changes Part 1**

It is important to learn the common signs of sensory changes for those with dementia and how this can affect their daily life. We will look at this over two sessions. In session one, we will consider how changes to vision, hearing and touch can have an impact on the way your loved one may experience the world.

### **24 November 2026 Dementia and Sensory Changes Part 2**

It is important to learn the common signs of sensory changes for those with dementia and how this can affect their daily life. We are looking at this over two sessions. In this session, we will consider how changes to taste and smell, position sense, and balance can have an impact on the way your loved one may experience the world.

### **December 2026**

There will be no Care with Confidence sessions during the month of December.

**Register [here](#) for any of the sessions.**

**For further information on any of the above, please contact**

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