

**Care with Confidence  
Frontotemporal Dementia  
Carer Information Sessions  
At the Carers Centre  
or Zoom  
Second Wednesday of each Month  
10.30pm-12.00 noon**

The Frontotemporal Dementia Carer Sessions are open to carers of people with a confirmed diagnosis of Frontotemporal Dementia (FTD).

The monthly sessions provide information and support to carers in an informal setting. Professionals are also invited on a regular basis to talk about the clinical, social and legal aspects of care.

**You can attend these in person at the Carers Centre or online via Zoom**

**Wednesday 10 August 2022** [Sleep Issues](#)

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Good quality sleep is linked to good physical and cognitive health. People with dementia often have issues with sleep if their sleep-wake cycle is disrupted. Come along to this session to get some hints and tips from Lindsay Voigt, Post Diagnostic Support Link Worker with Alzheimer's Scotland, about the things that may help the person you care for, gain and maintain a healthy sleep pattern.

**Wednesday 14 September 2022** [Forth Valley Advocacy](#)

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Today we learn about the services that Forth Valley Advocacy can offer to help you and the person you care for, communicate effectively with the professionals in your life. Find out about Advanced Statements and Non-Instructed Advocacy and the other services they could offer.

## Wednesday 12 October 2022 **Eat Well- Age Well Project**

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Older people are at higher risk of malnutrition than younger people. Older people living at home have a higher risk due to a variety of reasons such as decreased sense of taste and smell, restricted mobility, and feelings of loneliness. Sue Newall Eat Well Age Well, will talk about this, how to spot the common signs and symptoms of malnutrition, as well as providing guidance about supporting individuals using 'Food First Advice' as well as information on promoting hydration and good nutrition in older adults.

## Wednesday 9 November 2022 **Falkirk's Living Well Hub**

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Lynette Denovan from the Living Well Advice Hub is joining us to tell us about this local service which aims to help you and or the person you care for stay living independently in your/ their own home. Previously an online only service, Lynette will tell you what it can offer and how you can access it online, as well as give you the most up to date information on how this service is evolving.

**To book on to this session or future sessions, or further information, please Contact:  
Cath Brunton**

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