

**Care with Confidence
Evening Zoom Sessions
January - March 2023
Last Tuesday of each Month
6.00pm- 7.30pm**

Are you a carer and unable to attend Care with Confidence sessions during the day? Then why not join us on Zoom in the evening instead? We usually meet on the last Tuesday of each month. If you would like to attend any of these sessions but are not sure how to get online, how to join a Zoom meeting, or simply want to book a place, please get in touch (see our contact details below). We can offer one to one support to help you get set up to join some or all the sessions.

31 January 2023 [What does dementia mean to you?](#)

We have Ruth Gardiner, Occupational Therapist from the Community Mental Health Team (CMHT), to give an overview of some of the main forms of dementia, how they might affect the brain, and the sorts of challenges that might pose for the person living with dementia and their families.

21 February 2023 [Dementia, Delirium, Depression](#)

Dementia, delirium, and depression are different from one another, but it can be hard to distinguish between them because their signs and symptoms may be alike. Sometimes a person has more than one of these conditions at the same time. Getting the correct diagnosis can be complex but is important to ensure you get the correct professional help. Come along to find out more.

28 March 2023 Dementia – A Friendly Home Environment

Join Vivienne Thomson again to learn helpful tips, room by room, on how to modify your home to make it safe and friendly for those living with dementia.

To book on any of the above sessions, or for further Information, please contact:
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