

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

If you are a parent carer and 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.

25 January 2023 **ADHD/ADD TBC**

Often diagnosed alongside ASD or as a standalone condition or missed altogether, we will be looking at the traits associated with ADHD/ADD and how these can impact upon the individual as well as how they can be understood and managed more effectively.

22 February 2023 **Planning for the Future 1: Guardianship**

Should I apply for Guardianship, or do I need Power of Attorney? This is a question we are often asked. To answer this and more, we have Martin Monahan, a leading lawyer from Caesar and Howie to talk with us about: How, When and Why parent carers should consider these options.

29 March 2023 **Epilepsy Awareness**

The Epilepsy Awareness session will cover how to identify seizures, how to help someone having a seizure and how epilepsy impacts on day-to-day life. The session will aim to improve confidence when dealing with seizures and there will be lots of time for questions and answers.

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

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