



Care with Confidence at the Carers Centre or via Zoom

Tuesdays 10.30 am – 12.30 pm

For these sessions, you have a choice of attending online on Zoom or in person at the Carers Centre, 1A Bank Street, Falkirk FK1 1NB.

If you are a carer and would like to attend any of these sessions, please contact Donna Mulder to book a place– see contact details below

30 April 2024 **Dementia Shadowing and Sundowning**

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 will follow their caregiver around. Learn how to manage this behaviour by gaining an understanding of why this occurs.

07 May 2024 **Fraud**

Virgin Money, the bank based under the Carers Centre in Falkirk and the Neighbourhood Watch Team, have agreed to come along and tell us about the types of fraud they encounter and what we need to be aware of in order to avoid being scammed by fraudsters..

14 May 2024 **Reminiscence**

Reminiscence is a process of thinking or talking about one’s experiences in order to reflect on and recapture significant events of a lifetime. There are many ways to encourage these memories, and you should. They can be comforting, even therapeutic. Come along to enjoy reminiscing and find ways of sharing this with the person you care for

To book a place or for further information on any of the above, please contact
Donna Mulder Training Co-ordinator Phone : **07824 381280**
Email : donnamulder@centralcarers.co.uk

Principle funders

