

2024

Dementia Information Sessions

Monthly 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.

28 May 2024 **Dementia - It's all in Your Approach**

Find out how to avoid some of the arguments and upset when dealing with someone with dementia. Learn how someone with dementia may perceive his/her environment and how you can adapt your behavior to increase communication and benefit your family member’s quality of life.

25 June 2024 **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.

To book a place or for further information, please contact

Donna Mulder Training Co-ordinator

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Principle funders

