



Expert Caring
Learning and support for carers

Thinking about the future with
someone with

Dementia

Fridays
16th February -30th March
10am -1pm

VOCAL Carers Centre
8-13 Johnston Terrace
Edinburgh
just off the Royal Mile

Learning with carers and
professionals at the
**Princess Royal Trust
VOCAL Carers Centre**
8-13 Johnston Terrace,
Edinburgh EH1 2PW

Caring for a partner, child, relative or friend with an illness or disability, or for a person who is frail, can be a rewarding task. But however much we love the person, caring can become demanding and stressful, and sometimes it's difficult without support.

Knowing what help is available, and how to access it is important. At VOCAL we can help.

Since 1995, over 1,000 carers have attended VOCAL's training courses to learn from professionals and from others in similar situations what they are entitled to and how to get support.

VOCAL's 'Expert Carers' courses help you to find the best solutions for your own situation. Getting the right information from the beginning can help you plan and ensure a better quality of life for you and the person you care for.

VOCAL's '*Expert Carers*' learning programme is funded and supported by NHS Lothian, City of Edinburgh Council, and by the Big Lottery Fund.

All courses are free to carers and we offer travel and alternative care expenses, if you need someone to look after the person you care for while you attend this course.

If you are unsure about committing to this course, return this slip and we will contact you with further details.

Alternatively, just ring Jane Greenacre on 0131 622 6666 for more information.

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VOCAL
Freepost 3172
EDINBURGH
EH1 0XG

Friday 16th February

What is Dementia?

This session will look at what dementia is, and explore the myths and facts, the causes and consequences.

Friday 23rd February

Options for the Future

A whistle stop tour of services available to support someone with dementia and their carer at home.

Friday 2nd March

Changing Relationships

This session explores the nature of relationships and how caring can impact on them.

Friday 9th March

Selecting a Care Home

Advice on how to find a care home that will suit the needs of the cared for person and the carer. What rights do we have on choosing a care home?

Friday 16th March

Paying for Long Term Care?

Information on how long term care is funded. What is the role of the Local Authority? Which benefits can be claimed while in long term care?

Friday 23rd March

Adults with Incapacity Act

This session looks at the legislation around making decisions about someone's welfare and financial matters. The session includes information about Power of Attorney and Guardianship.

Friday 30th March

Open Session

The opportunity to ask questions of a Dementia Care Coordinator and a member of the VOCAL Team. As well as a chance to talk with other carers.

Please note a light lunch is provided for participants

I would like to know more about 'expert caring'

- I am a carer
- I know a carer who might benefit
- I would like to know more about VOCAL

Name

Address

.....

.....

Postcode

Tel

FOR CARERS ONLY:

- Please register me for this course
- Please ring me to discuss details

For further information contact:

Jane Greenacre
PRT VOCAL Carers Centre
8 Johnston Terrace
Edinburgh EH1 2PW
Tel - 0131 622 6666