



Expert Caring

Learning and support for carers

What Follows School for Children with Additional Needs?

Thursdays

1st March - 29th March 2007

10am to 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 very 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

This five week course answers many of the questions that parents of children with additional needs have as their child moves into adulthood. The course is designed specifically for parents of children aged between fourteen and sixteen who are making the transition in the next couple of years.

Thursday 1st March 2007

Person Centred Planning

This session introduces the idea of person-centred planning as a tool to help think about the future and to plan services.

Thursday 8th March 2007

Further Education & Employment

This session explores further education and steps towards employment with a Careers Advisor and a representative from a further education provider.

Thursday 15th March 2007

Support in the Community

This session looks at the range of services available through the Local Authority. This session will address issues such as assessment and managing the move from children's to adult services.

Thursday 22nd March 2007

Money Matters

This session provides information about the welfare benefits system and the changes that can occur in a family's money situation as a child with additional needs moves into adulthood. This session will also touch on the subject of longer term financial planning.

Thursday 29th March 2007

Adults with Incapacity Act

In Scotland once someone turns sixteen they are legally an adult and can make decisions about their finances, welfare and medical treatment. This session explores the legislation around the topic of helping someone with additional needs make decisions. This session will cover Powers of Attorney and Guardianship.

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

Please note a light lunch will be provided for all participants