



Expert Caring

Learning and support for carers

## What Follows School for Children with Additional Needs?

Thursdays

11 February - 25 March 2010

10am to 12.30pm

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 3,000 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 and City of Edinburgh Council.

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 six 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 11 February 2010

### **Effective Communication**

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

Thursday 18 February 2010

### **Further Education & Employment**

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

Thursday 25 February 2010

### **Support in Community**

With input from the Transition Team and the Local Area Coordinators, this session looks at services for young people after school.

Thursday 4 March 2010

### **Community Care**

This session explores Local Authority provision for adults and how support is accessed, including information on Carers Assessments.

Thursday 11 March 2010

### **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 18 March 2010

### **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.

Please note a light lunch will be provided for all 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