



Caring with Confidence

Learning and support for carers

Caring for someone and Planning For Emergencies

Monday 10am-12.30pm
22 February - 8 March 2010

VOCAL Carers Centre
8-13 Johnston Terrace
Edinburgh

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 4,000 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 'Caring with Confidence' 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 'Caring with Confidence' 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.

emergencies

VOCAL
Freepost 3172
EDINBURGH
EH1 0XG

This course is designed for carers of someone aged 16 or over who is concerned about what would happen if there was an emergency. The course focuses on what happens if the carer is unable to care and communication.

Monday 22 February
Support from the Local Authority

We are joined by representatives from the out of hours Social Work Service and the Crisis Care Team. They will explain the support offered by these services and the role they have in helping carers manage emergencies.

Monday 1 March
General Support Dealing With Emergencies

This session will look at a range of different supports which can help in emergencies and a number of tools to help in the event of emergencies.

Monday 8 March
Action Planning

During this session we will be making an action plan of how we will deal with different emergencies. Carers will be able to take their action plans home and share with family, friends and the professionals who support them.

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