



## Caring with Confidence

Learning and support for carers

# Caring for Someone

Tuesdays 10am-1pm  
9 February - 16 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 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 '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.

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VOCAL  
Freepost 3172  
EDINBURGH  
EH1 0XG

Tuesday 9 February 2010

### **Understanding the Body**

Information about how the human body works and some of the things that can go wrong including information about specific conditions and illnesses.

Tuesday 16 February 2010

### **Understanding Medicines**

Information on medication and its uses, how drugs work, when medication should be given, what happens if a dose is missed, possible side effects, and if drugs can be taken safely with alcohol.

Tuesday 23 February 2009

### **Money Matters**

This session looks at what welfare benefits are available to carers and the people they care for. There will also be an opportunity to explore money management techniques such as a Power of Attorney and Appointees.

Tuesday 2 March 2009

### **Support in the Community**

This session explores what support is available to help people live as independently as possible in the community. It will also look at how this support is accessed and paid for.

Tuesday 9 March 2009

### **Changing Relationships**

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

Tuesday 16 March 2009

### **Looking After Yourself**

An opportunity for carers to explore how they can look after themselves while looking after someone else. This session will focus on stress management.

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