

Carers have so many things to think about – why not book an appointment at one of our specialist surgeries and let an advisor help you... VOCAL Midlothian is offering appointments with advice specialists to all carers who live in the Midlothian area.

If you are interested in learning more about any of the topics below please contact VOCAL Midlothian Carer Centre to arrange an appointment.

#### POWER OF ATTORNEY SURGERY

A Power of Attorney is a written authorisation to represent or act on another person's behalf. At the surgery people and their carers can create Power of Attorney documentation replacing the need to visit a Solicitor. Power of Attorney is important for all of us but might be particularly useful if someone has a progressive condition.

Monthly – ½ hour appointment

#### WELFARE RIGHTS SURGERY – CAB

A worker from Citizens Advice Bureau will offer information, advice and support in understanding benefits and allowances; help to complete application forms; income maximisation; advice on entitlement and lots more...

Twice weekly – 1 or 2 hour appointments

## LEGAL SURGERY

Many carers are concerned about the future, especially the financial security of a loved one. Working in partnership with a Solicitor, VOCAL is offering a free 30 minute consultation for information and advice about key issues such as **Wills, Trusts** and **Guardianship**. These issues are important to everyone, but might be of particular interest for parent carers and for people caring for someone with confusion or memory problems.

Bi-monthly – ½ hour consultation

### **DEMENTIA ADVISER – Alzheimer Scotland**

Nobody should face dementia alone. This surgery provides support, information and advice for people with dementia and also for their family and friends.

Monthly – 1 hour appointment

## **CARER HEALTH CHECK – Inequalities Health Team**

Come along and have a health check with a nurse who will listen and support you with issues that may affect your own health. Follow-up appointments with the nurse also available to support and help you to make changes that will improve your health and wellbeing.

Monthly – 1 hour appointment



# For more information or to book an appointment, please contact us on 0131 663 6869

#### **VOCAL Midlothian Carer Centre**

30/1 Hardengreen Estate Dalhousie Road Dalkeith, EH22 3NX

www.midlothiancarers.co.uk www.facebook.com/MidlothianCarers

