

Register your interest

If you would like to sign up for one or more of these sessions, please complete the below information with your details.

We will then contact you to confirm your place and provide further information.

Full Name:

Telephone Number:

Email address (if you have one):

Address:

Please return this information to our Freepost address:

Freepost Plus RTXB-UUCY-EHBU Care for Carers, 151 London Road, Edinburgh EH7 6AE

Dementia Information Sessions for Carers



A free, six-week programme of practical advice and support to help those caring for people living with Dementia. These sessions are being delivered in partnership with Dementia Training, part of Age Scotland.

*All sessions will take place at St Margaret's House,
151 London Road, EH7 6AE*

Monday afternoons, from 30th May – 4th July 2022

Programme of sessions

All sessions will be aimed at unpaid carers of people living with dementia. They will run from 2pm to 3.30pm, and will include a presentation, as well as the opportunity for group activities and discussion. You are welcome to join as many as you like.

Monday 30th May

An introduction to the Carers (Scotland) Act 2016

This session will cover what rights the Carers (Scotland) Act offers carers, with a particular focus on the Adult Carer Support Plan. Learn more about what your rights are as a carer and how to access these rights.

Monday 6th June

Carers' rights in relation to hospital admission and discharge

Participants will gain an understanding of and have the opportunity to discuss the rights of carers during hospital admissions and stays, and the rights of carers during the discharge planning process.

Monday 13th June

Self-directed support

Self-directed support aims to give people more choice and flexibility in how care and support is arranged. This workshop will provide an introduction to self-directed support, enabling participants to learn more about what this is, what this can mean for carers and how to access it.

Monday 20th June

Welfare benefits and income maximisation for carers

An introduction to benefits for carers, as well as disability benefits. This course will also cover changes to the benefit system with the advent of Social Security Scotland and what other sources of income maximisation exist.

Monday 27th June

Dementia and Communication

This workshop will explore the communication problems which dementia can bring and also tips and strategies for communicating more effectively.

Monday 4th July

Making home an enabling environment for people living with dementia

This workshop will look at the benefits and challenges for people living with dementia staying in their own home. We will consider what may help people to remain in their own home, and what further support can make home an enabling environment for people living with dementia.

Register your interest by completing the information overleaf and returning to us. Alternatively, you can call the office on 0131 661 2077.