



**Alzheimer
Scotland**
Action on Dementia



South Ayrshire Carer Education Course

Do you care for someone who is living with Dementia?

Join us on our 4-session course designed to provide information and support to unpaid carers and family members of people living with Dementia.

Topics Covered include:

Understanding Dementia

Communication

Sleep and routine

Tips for daily living

Managing symptoms and behaviour that can challenge

Getting support and looking after yourself

Where and When? Carers Gateway South Ayrshire, 43 Sandgate, Ayr, KA7 1DA

Wednesday 12th Feb 2025 1-3pm

Wednesday 19th Feb 1-3pm

Wednesday 5th March 2025 1-3pm

Wednesday 12th March 2025 1-3pm

For more information and to book please contact: Louise Robertson lrobertson@alzscot.org

Our community groups are there to be enjoyed by anyone living with dementia or experiencing difficulties with their memory, and their families and friends. All are welcome; people who can attend independently and/or for those unable to do so should come with a companion who can provide any support for them. We don't provide transport for these groups and therefore it is your responsibility to get to and from the community groups safely.

Alzheimer Scotland – Action on Dementia is a company limited by guarantee, registered in Scotland 149069. Recognised as a charity by the Office of the Scottish Charity Regulator, no. SC022315 160 Dundee Street, Edinburgh, EH11 1DQ. 0131 243 1453. www.alzscot.org





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