



**Alzheimer
Scotland**
Action on Dementia

Online Carer Education Sessions

Session 1: Dementia

An overview of the causes of dementia and approaches to help

Session 2: Focus on Caring

Carer rights and eligibility, the impact of caring and looking after yourself.

Session 3: Strategies for the future

The law and capacity, Defensible decision making, where to turn for help.

Session 4 Digital and Any questions

How technology can help and an open forum to ask any questions from the sessions.

Click [here](#) to book sessions from the VRC, these go live the last week of each month.

**Tuesdays 2pm-4pm on Teams
Virtual Resource Centre (VRC)
Dates in 2026**

February 3rd, 10th, 17th, 24th

May 6th, 13th, 20th, 27th

August 4th, 11th, 18th, 25th

November 3rd, 10th, 17th, 24th

Contact:

Our Dementia Advisor Service on;
0300 373 5774 or via
carerseducation@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.

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