



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.