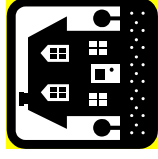


PLANNING RESIDENTIAL CARE



Prescott Room
Wolsey Hall
Cheshunt EN8 9AA

18th February 2009 - 10am–12.30pm

Do you need information on

- How to find the right care home?
- Your rights and obligations with regard to paying home care fees?
- What to expect from a care home – the national minimum standards?
- Duties towards the care of older people from local authorities and the NHS?
- Help with care concerns and making a complaint?

Speaker attending from The Relatives and Residents Association

MEDICINES MANAGEMENT



Dinant Room
Broxbourne Civic Hall
Hoddesdon EN11 8BE

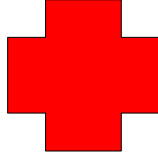
18th March 2009 - 10am–12.30pm

Many family carers have to deal with the medication of the person they care for.

A Qualified Pharmacist will be speaking about

- Understanding the use of medicines in treatment and care.
- Learning how to get the best out of pharmacy services.
- Concerns such as difficulties in administering or taking medicines.
- Adverse reactions, side effects in medication.

FIRST AID



**Prescott Room
Wolsey Hall
Cheshunt EN8 9AA**

23rd April 2009 - 10am – 12.30pm

- **Would you know what to do if the person you care for had a fall and injured themselves?**
- **Could you deal with someone having a fit?**
- **What would you do if they became unconscious?**

Learn in a friendly environment from a British Red Cross trainer with other family carers.

RELAXATION WORKSHOP



**Prescott Room
Wolsey Hall
Cheshunt EN8 9AA**

21st May 2009 - 10am-12.30pm

Learn how to relax through guided visualisation and relaxation techniques.

Benefits Workshop



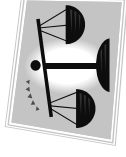
**Garden Room
Wolsey Hall
Cheshunt EN8 9AA**

24th June - 10am-12.30 pm

**Are you claiming everything
available to you as a carer?**

**Benefit advice for you as a carer
and for the person you care.**

LEGAL PLANNING



**Dinant Room
Broxbourne Civic Hall
Hoddesdon EN11 8BE**

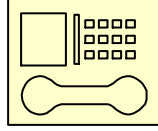
23rd July - 10am-12.30pm

- **Are you caring for a relative or friend?**
- **Would you like help with legal planning?**

**Come to our informal and informative
workshop presented by Nicole Giddings
& Robert France of Longmores
Solicitors**

**Let the professionals advise you on
Lasting Power of Attorney, Wills, Trusts
& Inheritance Planning.**

TELECARE



**Prescott Room
Wolsey Hall
Cheshunt EN8 9AA**

10th September - 10am – 12.30pm

Telecare is a service that helps people live independently in their own home.

**A representative from
HERTFORDSHIRE COMMUNITY
EQUIPMENT SERVICE will provide
information on:**

- **How Telecare works.**
- **Different types of equipment**
- **Why use Telecare?**
- **Will I have to pay?**

DEALING WITH STRESS



**Garden Room
Wolsey Hall
Cheshunt EN8 9AA**

**7th October
10am – 12.30pm**