



Join us on Thursday 26th November for Carers Rights Day. Our programme is packed with informative talks and Q&A sessions which will help you 'know your rights' as a carer.

Programme of events:

Time	Event Name	Description
8am to 8.45am	Everything you want to know about Training*	Get answers to your questions about training. Tell us what training you would like to help you as a carer. Book a place on our courses scheduled for January - March 2021.
9am to 9.45am	Caring for Somebody with Dementia*	Helpful tips on caring for someone with dementia e.g. how to manage when the person you care for does not acknowledge their dementia; how can you keep safe; how can you maintain your own good health; how can you see your family and friends.
10am to 10.45am	Navigating Social Care*	Seek clarity from our Social Worker about what Social Care is, how do you access it, what does the technical vocabulary (jargon) mean.
11am to 11.45am	Legal Advice*	Q & A session with Michelmores Solicitors about your rights as a carer. Do you have queries in relation to Lasting Power of Attorney, Wills, property and housing etc.
12pm to 12.30pm	Understanding Direct Payments	A helpful information session, in 'easy speak' with Devon County Council, about what direct payments are and how they can be used.
1pm to 1.30pm	Thinking about Mental Capacity: what it means	Find out what the term 'Mental Capacity' means, how it is assessed, what the outcomes can be and how it can affect you as a carer. Seek answers to your questions.
2pm to 2.30pm	Returning to Work or Leaving Employment - what carers need to know*	Balancing your caring role with paid employment can create so many uncertainties. 600 carers leave employment everyday to care for someone; do you know how this may affect you?
3pm to 3.30pm	The Care Act - what does it mean for carers?	Improve your understanding of what the Care Act 2014 is and how it affects you as a carer.
4pm to 4.45pm	Benefits Advice*	Overview of the benefits which carers could apply for, dependent upon eligibility criteria. Ask questions of our guest Benefits Advisor.
5pm to 5.30pm	Mental Health Services: what and where	Our mental health is as important as our physical health. Find out about the services available, what they mean and how to access them.
7pm to 7.45pm	Mobility, Adaptations and Equipment*	Devon Carers' Occupational Therapist welcomes your questions on how to help with reduced mobility, what equipment may be useful and who to discuss possible adaptations with.

* Questions required in advance

Book your place via email: online@devoncarers.org.uk

Listen out for us during the day on BBC Radio Devon!