

# - Consultation Event - Health & Self- Management for Carers of People Living with Dementia

Join us for an afternoon discussion about how we can improve the health support provided for carers in Nottinghamshire. Refreshments & biscuits are included!

**Audience:** Anyone who is (or used to be) a family carer, health or social care professional, policy maker, support worker, experienced volunteer, community support group leader.

**Attendance allowances for family carers:** Family carers will receive a £20 voucher plus reimbursement of travel costs.

**Dates:** You may choose one of the following dates:

**14 August 2017**

**11 September 2017**

**23 October 2017**

**Time:** 12:30pm to 4:45pm

**Registration:** Please contact Dr Deborah Oliveira  
Telephone: 0115 74 84306  
E-mail: [deborah.deoliveira@nottingham.ac.uk](mailto:deborah.deoliveira@nottingham.ac.uk)

**Venue:** Room A08. The Institute of Mental Health, University of Nottingham Innovation Park, Triumph Road, Nottingham NG7 2TU.

**Funder:** This event is funded by the Nottinghamshire County Clinical Commissioning Groups (CCGs).



Help us  
improve the  
health support  
provided to  
family carers

Pick your date!

Registration is  
open and  
places are  
going fast!



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**You may choose the best date for you to attend:** 14 August, 11 September, or 23 October 2017.

**Time:** 12:30 pm to 4:45pm.

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### Reception

12:30 pm to 1:00 pm	Registration, tea & coffee
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### Introduction & Discussions

1:00 pm to 1:30 pm	Introduction to the PRO-CARERS Study and preliminary findings, Dr Deborah Oliveira
1:30 pm to 2:30 pm	Group discussions about: <ul style="list-style-type: none"> <li>- Carers' unmet health needs and health priorities</li> <li>- Day-to-day facilitators and barriers to self-management</li> <li>- Strategies to improve carers' health and health management</li> </ul>
2:30 pm to 3:00 pm	Summary and feedback of first part
3:00 pm to 3:30 pm	Break, refreshments & biscuits
3:30 pm to 4:00 pm	Participants' views on the current health support and self-management strategies for carers
4:00 pm to 4:30 pm	Summary and feedback of second part

### Final considerations and closure

4:30pm to 4:45 pm	Final considerations and closure
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