

## all sessions on MS Teams

All Delivered by the HomeFirst Programme



### Having Conversations That Matter

These sessions are open to members of the public and Health & Social Care Staff across all sectors. Giving you confidence to approach important conversations with friends, family and for those supporting others in a workplace setting.

Tuesday 3<sup>rd</sup> June, 10.15am-11.45am

Tuesday 3<sup>rd</sup> June, 6.30pm-8.00pm

### Plan More Stress Less

This session covers all you need to know about getting yourself, and those you support prepared for any unexpected event including hospital admissions. We'll cover: helpful paperwork; what to bring; what conversations we might have in hospital; planning for a successful discharge; post-discharge support.

Open to everyone as above.

Tuesday 3<sup>rd</sup> June, 2.00pm-3.00pm

## click dates to book



### Involving and Supporting Carers

This session is for Health & Social Care Staff across all sectors. It will look at how staff can encourage carers to recognise their role, refer to support services and the legal duty staff have to involve carers in discharge planning. Also information on resources and support.

Monday 9th June, 12 noon-1.00pm

### Power of Attorney Overview

This session is open to members of the public and Health & Social Care Staff across all sectors. The legal parts of future planning can often be confusing, with lots of people not quite sure where to start. This session will explore how to get started with Power of Attorney and why this is so important.

Tuesday 10th June, 12 noon-1.00pm

Visit [www.nhsggc.scot/planningcare](http://www.nhsggc.scot/planningcare) to find our Events Page or scan this QR Code

