HOW CAN A BRAIN HUB HELP YOU?

Contact us to discuss your needs and we can:

- Link into your existing groups, meetings or community spaces
- Arrange specific brain hub date/s

HOW DO I REQUEST A BRAIN HUB?

- Alzheimer’s Australia South Australia
  (08) 8372 2100
- National Dementia Helpline
  1800 100 500
- Cultura
  A free mobile application promoting culturally sensitive care in dementia
  www.cultura.org.au

Alzheimer’s Australia SA Inc
ABN 36 236 331 877
27 Conyngham Street, Glenside SA 5065
Tel: (08) 8372 2100
Fax: (08) 8338 3390
eMail: sa.admin@alzheimers.org.au
www.fightdementia.org.au

National Dementia Helpline
1800 100 500
A Brain Hub offers a flexible way to get information, education and advice on:

- Brain health
- Memory Changes
- Dementia risk reduction
- Understanding types of dementia
- What supports and services are available

Brain Hubs can be tailored to suit your needs.

We have a range of resources and modes of delivery, including:

- Formal presentation on PowerPoint
- Brain healthy activities
- Roundtable yarning
- One-to-one chats
- Information booth

Information delivery can be adapted to your situation and audience.

To help people:

- Living with memory loss or dementia
- Caring for someone with memory changes
- Wanting more information on brain health

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