

HOW DO I REQUEST A BRAIN HUB?

Contact us to discuss your needs and we can:

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



CONTACT US



- **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

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www.fightdementia.org.au

National Dementia Helpline 1800 100 500



**FIGHT ALZHEIMER'S
SAVE AUSTRALIA**
FIGHTDEMENTIA.ORG.AU

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HOW CAN A BRAIN HUB HELP YOU?



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WHAT IS A BRAIN HUB?

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



WHAT HAPPENS AT A BRAIN HUB?



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.

WHO CAN HAVE A BRAIN HUB?

- Councils
- Service providers
- Support groups
- Social groups and gathering (i.e. men's sheds, senior groups etc.)

To help people:

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

