

# About you...

## How Dementia Australia can help

This Help Sheet provides you with information on the resources Dementia Australia has available to provide support to you and your family.

Dementia Australia has a variety of resources available which may assist you in the many aspects of living with dementia

### Living with Memory Loss

The Living with Memory Loss program is available in each State and Territory. It consists of information and support groups for people living with early stage dementia and their family and friends.

A group program consisting of 6-8 sessions is usually held one day a week for a two-hour session. Ongoing support groups usually meet monthly for some months after the program.

In each case there are two small groups – one for people living with memory loss and the other for family members or friends. People with memory loss may attend alone if desired. The groups may meet separately for part or all of the time and come together for a cuppa.

There are many benefits from taking part in a Living with Memory Loss program. Most people enjoy the chance to obtain information, have questions answered, talk confidentially with others in a similar situation, discuss experiences and express feelings in a safe environment.

The program has a positive focus on maintaining and enhancing skill and abilities and exploring ways of managing now and in the future.

For more information about the *Living with Memory Loss* program call **1800 100 500**.

For people diagnosed with dementia under the age of sixty five visit Younger Onset

Dementia Services at **dementia.org.au/services/national-younger-onset-dementia-key-worker-program**

### Resources

More and more people with dementia are sharing their experiences of being diagnosed with dementia and of living with memory loss. Dementia Australia in your State or Territory will be able to help you find books, videos and other resources about dementia and how to manage the condition.

The Dementia Australia website also lists useful references, information, Help Sheets and resources in community languages.

Contact the National Dementia Helpline on **1800 100 500** for more information or visit **dementia.org.au**

### Other Services

Dementia Australia offers counselling to you and your carers, and can provide support throughout your illness. Dementia Australia also offers a range of education sessions, covering a variety of topics in a non-threatening, safe environment.

Call the National Dementia Helpline on **1800 100 500** to talk confidentially to one of our trained staff.

### FURTHER INFORMATION

Dementia Australia offers support, information, education and counselling. Contact the National Dementia Helpline on **1800 100 500**, or visit our website at **dementia.org.au**



Interpreter

For language assistance phone the Translating and Interpreting Service on **131 450**

National Dementia Helpline **1800 100 500**

**dementia.org.au**