

Who we help

- People with memory, thinking or behavioural concerns
- People with a diagnosis of dementia
- Family, friends and carers of a person with dementia
- Health and aged care professionals working with people with dementia



Help us to help others

There are many ways you can get involved and make a difference to the lives of people with dementia and their families.

Become a dementia friend and support people living with dementia in your community

Make a donation and support our work

Become a member and join a powerful network of support

Use your voice and help us advocate for improved funding and services

Become a volunteer and help us improve the lives of people living with dementia

Leave a bequest and help future generations with a gift in your Will

Contact Dementia Australia

dementia.org.au

National Dementia Helpline

1800 100 500



For language assistance
131 450

Dementia Australia is supported by financial assistance from the community, the Australian Government and State Governments

National Dementia Helpline is funded by the Australian Government

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**dementia
australia**™

support • information • education

The new voice of Alzheimer's Australia

**UNDERSTAND ALZHEIMER'S
SUPPORT AUSTRALIA**

What we do

We are here for people affected by all forms of dementia including Alzheimer's disease, vascular dementia, Lewy body disease, frontotemporal dementia, younger onset dementia and mild cognitive impairment.

If you, or a family member, have concerns about changes to memory or behaviour, or have dementia, we are here to help. You do not have to face this alone. With years of experience behind us, our qualified staff will listen to you, understand your concerns and offer support to assist you.

No matter what your age.



How we can help you

Support

- Call our National Dementia Helpline **1800 100 500** to request information or talk about your concerns
- Talk through your emotional, practical and family issues in confidence with one of our professional counsellors
- Join one of our early intervention programs for people with early stage dementia and their families
- We have a range of services for people with younger onset dementia and their families and carers, including NDIS support
- Assistance to link in with other services and access the care you need
- Speak to one of our dementia advisors to understand My Aged Care and the availability of many other supports that people living with dementia and their carers may need

Information

- Explore our website **dementia.org.au** for the latest information on dementia, services available and events
- Read our Dementia Help Sheets which contain practical advice on a wide range of topics – they are also available in a range of languages
- Phone or visit our libraries and browse through our extensive collection of books and other resources
- Find out more on how to make you community dementia-friendly.

Education

- Attend an information session, course or seminar to learn more about dementia and practical ways of dealing with it
- Participate in our accredited courses for aged, community, disability and health care workers. We are a Registered Training Organisation offering accredited competencies and certificates for professionals and staff
- Use our Dementia Consultancy Service so that we can help your organisation better support people with dementia

Reduce your risk

Dementia Australia also encourages a brain healthy lifestyle through it's brain health program, Your Brain Matters™.

Visit **yourbrainmatters.org.au**



If you want a fun and interactive way to look after your brain health, download our free app from your App store. **BrainyApp™** can help you rate and track your brain health, providing you with a range of ideas on how to improve it.