



Identifying Symptoms and **Getting a Diagnosis**

- **National Dementia Helpline 24/7**
 - First contact point for symptoms and concerns
 - We can support you around where to go for a diagnosis and guide you through the process.
- **BrainTrack App**
 - Monitor your cognitive abilities over time.
- **Dementia Australia can support referrals to:**
 - GPs
 - Memory Clinics
 - Other diagnostic specialists.

If you are a health care professional and would like to make a referral, visit dementia.org.au/referral



Post Diagnostic **Follow Up**

- **National Dementia Helpline 24/7**
 - We can contact you following a diagnosis to discuss next steps and any support that you need.
- **Post Diagnostic Support Program**
 - All you need to know about your diagnosis and planning.
- **Support to apply for NDIS**
 - If under 65 years.
- **Mild Cognitive Impairment**
 - Group program for those diagnosed with MCI.
- **Website, information kits and other useful resources**
- **Library services and webinars**



Post Diagnostic **Support**

- **Dementia Specialist**
 - Talk to a Dementia Support Specialist about your unique needs and concerns.
- **Living With Dementia Group Program**
- **Connecting Peers**
 - Peer support program for people with a diagnosis or family carers.
- **Client and family education programs**
- **Counselling**
 - Individuals, couples, families.
- **Family Engagement Counselling**
 - Helps families to work together and develop a plan, particularly those living with younger onset dementia.
- **At Home With Dementia**
 - Dementia in home design advisory service.
- **Memory Lane Cafes**



Ongoing **Care**

- **Counselling**
 - Individuals, couples, families.
- **Dementia Advisory Service**
 - Assistance to navigate the service system and get the support you need.
- **Support to access other services where needed**
 - Including through My Aged Care, The Carer Gateway.
- **Family and Carer education programs**
 - That supports family and carers to provide ongoing care for their loved one.
- **Social support programs**
- **Support and advice**
 - On legal and advanced care planning.
- **Carer Support Groups**
 - Including younger onset and frontotemporal focused groups.

Dementia Australia services are **free, confidential and tailored to your needs**. We support **all people** with **all forms of dementia** at any age, stage or background and their families. Contact the **National Dementia Helpline** on **1800 100 500** or visit dementia.org.au