

Our Services

Information
Support
Education





What we do

Dementia Australia supports people of all ages living with all forms of dementia, their families and carers.

If you or a family member have concerns about changes to memory, thinking or behaviour, or you have dementia or mild cognitive impairment, we are here to support and guide you.

Our highly experienced and qualified staff provide information, support and education services and can assist you to access supports and services in your community.

How we can help

Information

We provide information to help people living with all forms of dementia, their families and carer.

- + **Visit the Dementia Australia website.** Read, watch or listen to a wide range of topics about dementia and mild cognitive impairment. Information is available in languages other than English dementia.org.au
- + **Listen to, download or order a copy of The Dementia Guide.** This guide includes information about dementia, living with dementia and planning for the future. dementia.org.au/dementia-guide
- + **Visit one of our libraries, either online or in-person.** You can borrow books, e-books and audiobooks. dementia.org.au/library



Support

Changes to memory and thinking are common with ageing. However, some changes can be a sign of early dementia. It's important to visit a doctor, specialist or memory clinic. The earlier you act, the better.

We can support you to:

- + understand changes to memory and thinking
- + access a diagnostic service for assessment.

A diagnosis of dementia or mild cognitive impairment can lead to a range of concerns and emotions. It can leave people feeling uncertain about the future and it can take some time to adjust.

We are here for you.

We can support you to:

- + understand recent changes in your circumstances and the support available in your community
- + adapt to changes in memory, thinking, behaviour and abilities
- + understand a diagnosis and plan for the future
- + maintain your emotional wellbeing by talking to one of our professional counsellors or joining a support program
- + maintain your social and physical wellbeing through social and practical support
- + register with My Aged Care or the National Disability Insurance Scheme.



Education

If you are a person living with dementia, a family member or carer, our experienced staff run educational sessions throughout Australia and online to help build knowledge to support your wellbeing.

If you are a health professional or aged care worker, our Centre for Dementia Learning provides a comprehensive suite of evidence-based learning and consultancy services to help improve the quality of support and care experienced by people living with dementia.

These services include accredited and non-accredited programs and are available both online and face-to-face.

For information visit:
dementia.org.au

Call the National Dementia Helpline

The National Dementia Helpline is a free and confidential service.

Speak to our caring and expert team for:

- + advice on signs and symptoms
- + help to get a diagnosis
- + information about dementia and mild cognitive impairment
- + a confidential discussion about your situation
- + practical support and counselling
- + assistance to find supports and services in your community.

The **National Dementia Helpline** operates 24 hours a day, seven days a week, 365 days a year.

Call **1800 100 500** or webchat at **dementia.org.au/helpline**

Help us to help others

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.
- + Become a Dementia Advocate and be a voice for people living with dementia and carers.
- + Become a volunteer and help us improve the lives of people living with dementia.
- + Make a donation to support our work.
- + Leave a bequest gift in your will.



National Dementia Helpline

1800 100 500



For language assistance
call **131 450**

Find us online
dementia.org.au



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National Dementia Helpline is funded by the Australian Government

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