



Section 6

Support for people with dementia

This publication contains information and general advice. It should not substitute personalised advice from a qualified professional.

While we strive to keep content accurate and up-to-date, information can change over time. For updates, please visit dementia.org.au or call the National Dementia Helpline on **1800 100 500**.

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dementia.org.au/resources/the-dementia-guide

Section 6

Support for people with dementia

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You may not feel ready to ask for help, particularly if you have always been independent. But it can be useful and comforting to know about the information and support available.

Seeking support will help you live a good quality of life throughout the stages of your dementia. With the right support, you could delay going into residential care and live at home for as long as possible.

There are many care and support services available. Some services are free, but you may have to contribute to the costs of others. This may depend on your income and savings.

My Aged Care

My Aged Care is available to people aged 65 years and over. It helps people living with dementia apply for Commonwealth Government-funded services.

Services include:

- help at home

- social support
- respite care
- personal care
- transport
- residential aged care.

There are three types of government-funded support available.

- 1. Commonwealth Home Support Program (CHSP).** This is an entry-level care package. It suits people who need low-level support to keep living independently.
- 2. Home Care Package (HCP).** This package is for people who need many care and support services on an ongoing basis.
- 3. Residential Aged Care Support.** This package is for people who need help with everyday tasks, personal care and nursing care. This support is provided in an aged care residential facility.

My Aged Care will:

- assess your eligibility
- give you information about local services
- confirm co-funding costs.

Visit myagedcare.gov.au or call **1800 200 422**.

National Disability Insurance Scheme

The National Disability Insurance Scheme (NDIS) is for people with younger onset dementia. It helps people with dementia under the age of 65 access services and support.

People living with younger onset dementia can apply for funding to support:

- their wellbeing
- independence
- participation in community life.

Funding can be used for:

- help in the home, including gardening, cleaning, maintenance, assistive technologies and building modifications
- support with daily activities
- support to maintain social relationships and to take part in activities and interest groups
- maintaining physical health and wellbeing
- coordination of supports.

The amount of support you receive is based on your specific needs, not your income and assets. The availability of NDIS funding also depends on your geographic location.

Visit [ndis.gov.au](https://www.ndis.gov.au) or call **1800 800 110**.

Support coordination and other services from Dementia Australia

If you are applying for an NDIS plan, you can request a support coordinator to help you manage your plan.

Dementia Australia is a registered NDIS service provider. We can help you engage with services and supports to help you live well. We can also help you to manage your plan.

Dementia Australia provides other services for people living with younger onset dementia.

Visit dementia.org.au or call the National Dementia Helpline on **1800 100 500**.

Local services

Your local council, or state or territory government, may also offer programs and support services, including:

- senior citizen groups and centres
- Planned Activity Group (PAG) programs
- help with shopping
- meal delivery
- home and garden maintenance
- home and personal care services
- respite care
- community transport
- accessible arts and recreational programs.