Dementia

Finding out about dementia

Discovering that you or a loved one may be facing dementia can be a daunting experience. Numerous questions may arise, and the amount of information to absorb can be overwhelming. Fortunately, assistance is at hand. Your doctor (GP) can guide you in understanding what the future may look like and how to access the information and support required for yourself, your family, or your friends.

Help and supports available

Call a national help line

1800 022 222
free call 24 hours a day, 7 days a week.

The National Dementia Helpline is a free telephone service that provides information and advice to:

- People living with dementia
- People concerned about changes to memory and thinking
- People living with Mild Cognitive Impairment (MCI)
- Family, friends and carers of people living with dementia
- People who work in health and aged care.

Dementia Support Australia:
1800 699 799
24 Hour help

The Dementia Behaviour Management Advisory Service is a national advisory service for families and carers of people with dementia. The service provides confidential advice, assessment, intervention, education, and specialised support.

Find dementia services using our service directory

You can now find a range of local services in the service directory, such as:

- Information and resources
- Hospital and community services
- In home support
- Support groups and counselling
- Respite services
- Memory clinics
- Health professionals (such as dietitians, exercise physiologists, speech pathologists, occupational therapists, counsellors).

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Support services

Support services are available to help you and your families. These may include: help around the home, social and daily activities, personal care, respite care, allied health (such as exercise physiologists, dietitians, occupational therapists), transport, and residential aged care.

National Disability Insurance Scheme (NDIS): If you are under 65 years old contact the National Disability Insurance Scheme (NDIS). Visit **ndis.gov.au** or call **1800 800 110**
8.00 am – 8.00 pm, Monday - Friday

My aged care: If you are over 65 years old contact My Aged Care.
Visit **myagedcare.gov.au** or call **1800 200 422**
8.00 am – 8.00 pm, Monday - Friday

If you are an Aboriginal or Torres Strait Islander aged 50 – 64 years you can access either NDIS or My Aged Care.

Carers Support

If you're caring for someone with dementia, you can find information, get support and access services in your area and online at *Carer Gateway* or call **1800 422 737.**

Information in your language

If you need an interpreter, please call the *Translating and Interpreting Service* on **131 450.**

If you are deaf or have a hearing or speech impairment, please call the *National Relay Service* on **133 677.**

- To access information in other languages *Dementia Australia* provides a wide range of information, education, and support, including information translated into 38 languages.

- *Dementia Support Australia* have a range of translated information online.

- *Moving Pictures* has translated information and short videos available in different languages.

The Dementia Guide

The Dementia Guide is the go-to resource for people living with dementia, their carers and family. You can access the guide print and audio by scanning the QR code.

Scan the QR Code below for access