

MY LOCAL DEMENTIA SUPPORT SERVICES

This card highlights the support services for people experiencing early signs of dementia or who have received a dementia diagnosis. It includes national services and resources as well as specific local supports for residents of St George and Sutherland.



NATIONAL SUPPORT ORGANISATIONS

(Please check box)

- | | | | |
|--|--------------|---|--------------|
| <input type="checkbox"/> My Aged Care | 1800 200 422 | <input type="checkbox"/> National Dementia Helpline | 1800 100 500 |
| <input type="checkbox"/> NDIS (under 65 years) | 1800 800 110 | <input type="checkbox"/> Seniors Rights Service | 1800 424 079 |
| <input type="checkbox"/> Carer Gateway | 1800 422 737 | <input type="checkbox"/> Mental Health line | 1800 011 511 |
| <input type="checkbox"/> Forward with Dementia website
forwardwithdementia.au | | <input type="checkbox"/> Dementia Australia website
dementia.org.au/ | |



LOCAL SUPPORTS FOR RESIDENTS IN ST GEORGE & SUTHERLAND

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|---|-----------|
| <input type="checkbox"/> Sutherland Shire – Dementia carer support group | 9542 6292 |
| <input type="checkbox"/> Sutherland Library – Connection Café | 9710 0351 |
| <input type="checkbox"/> St George Care Group | 8566 1400 |
| <input type="checkbox"/> Southcare Aged and Extended Community Care | 9540 7540 |
| <input type="checkbox"/> The Love Project – support for people identifying as LGBTIQ+ | 9206 2017 |
| <input type="checkbox"/> Jannali Day Centre – Respite | 8539 7022 |
| <input type="checkbox"/> Dementia Australia: Advisory service | 9531 1928 |
| <input type="checkbox"/> CASS Care – East Asian services | 9789 4587 |

Navigating dementia supports can be difficult, because each individual has their own experiences and needs. If you are feeling lost or unsure about where to start, we recommend starting with the **National Dementia Helpline on 1800 100 500**.

NOTES:

Additional services:

- Translating and Interpreter Service (131 450)**
Translating and Interpreter Service provides access to phone and on-site interpreting services in over 150 languages.

- Ageing and Disability Abuse Helpline (1800 628 221)**

A note for clinicians or care coordinators:

You might like to highlight or circle the service(s) you recommend for a person you are supporting. With so many services available, it can be difficult to know where to start.

