

Dementia support for Carers

Helpful ways to look after them



Have a yarn with their Doctor or Aboriginal Health worker

Help them access dementia resources from their doctor.

Ask what specialist appointments, allied health care and advance care planning is available.

Support them to complete the Dementia Checklist.



Call the National Dementia Helpline Call 1800 100 500

Free helpline, available 24/7. No issue too big, no question too small.

Learn more about [what dementia is](#), what might come next in their journey and [connect with supports](#).



Have a yarn with their local Aboriginal Medical Service

[South Coast AMS](#)
(02) 4448 0200

[Waminda](#)
(02) 4421 7400

[Katungul AMS](#)
(02) 4488 4050

[Illawarra AMS](#)
(02) 4229 9495

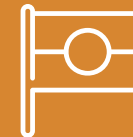


Access free government, social and community support

People with dementia may be eligible to apply for support from:

[My Aged Care](#)
1800 200 422
[Services Australia](#)
132 717

[NDIS](#)
1800 800 110
[Carer Gateway](#)
1800 422 737



Accessing culturally sensitive care

Find helpful information about culturally sensitive services and resources for Aboriginal and Torres Strait Islander people [here](#).

Call other helplines

[Dementia Support Australia](#)
1800 699 799



Learn more

A full list of resources, programs, and support for people living with dementia and their carers can be found by scanning the QR code or at coordinare.org.au/dementiasupport

