

Dementia support

Helpful ways to look after yourself



Have a yarn with your Doctor or Aboriginal Health worker

Consider having a family member or carer accompany you to the appointment. They may provide additional information about your needs, preferences, and symptoms.



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 your journey and [connect with supports](#).



Have a yarn with your 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

You may be eligible to apply for support.

[My Aged Care](#)
1800 200 422

[Services Australia](#)
132 717

[NDIS](#)
1800 800 110



Read the Dementia Australia guide and complete the checklist

Read or listen to the Dementia Guide [here](#) and complete the checklist [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 can be found by scanning the QR code or at coordinare.org.au/dementiasupport

