

# Dementia support for Carers

*Useful steps to take after their diagnosis*



## Speak with their GP

Help them access dementia resources from their GP.

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

Support them to complete the [Dementia Checklist](#).



## Contact 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](#).



## Call other helplines

To access a range of other supports, learn more [here](#).

You can also read or listen to [chapter 11 of the Dementia Guide](#) for further support and information for carers.



## Accessing culturally appropriate care

If you care for someone who needs culturally appropriate care, read more about the support available [here](#).



## Access free government, social and community support

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

- [My Aged Care](#)  
**Call 1800 200 422**
- [Services Australia](#)  
Call 132 717
- [NDIS](#)  
**Call 1800 800 110**
- [Carer Gateway](#)  
**Call 1800 422 737**



## 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](https://www.coordinare.org.au/dementiasupport)

