

# Dementia support

*Useful steps to take after your diagnosis*



## Speak with your GP

For support from diagnosis to ongoing management and care.

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



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



## Call other helplines

[Dementia Support Australia](#)  
**Call 1800 699 799**

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



## Access free government, social and community support

You may be eligible to apply for support.

[My Aged Care](#)  
**Call 1800 200 422**

[Services Australia](#)  
**Call 132 717**

[NDIS](#)  
**Call 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](#).



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

