

Living well with Dementia: where to go for support Illawarra Shoalhaven Region



To access support after a dementia diagnosis, contact the National Dementia Helpline 24 hours a day, 7 days a week.

Free call: 1800 100 500

Webchat: dementia.org.au/helpline/webchat

If you need an interpreter, call the Translating and Interpreting Service on 131 450. **If you have a hearing or speech impairment,** call the National Relay Service on 133 677.

Service - What does the service do	How do I contact them?
Dementia Australia Provides information, education and advice to people living with dementia, family, friends and carers.	1800 100 500 dementia.org.au
Dementia Support Australia For people caring for someone with dementia.	1800 699 799, 24 hrs, 7 days dementia.com.au
Younger Onset Dementia Hub Information and support for people with younger onset dementia.	1800 100 500 yod.dementia.org.au
My Aged Care Find and access government funded aged care services.	1800 200 422 myagedcare.gov.au
National Disability Insurance Scheme (NDIS) People with younger onset dementia may be eligible for support from the NDIS.	1800 800 110 ndis.gov.au

These services can also help you connect with local community support services and programs

Help for carers

Carer Gateway Links to support groups and counselling as well as assisting with emergency respite.	1800 422 737 carergateway.gov.au
Young Carers Network Support for young carers (under 25 years).	youngcarersnetwork.com.au

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My Dementia Companion – Carer Supports carers to navigate government subsidies and support resources.	mydementiacompanion.com.au
Mental health and well-being supports	
Head to Health Can help find the right mental health support service, advice, assessment and treatment.	bit.ly/head2health 1800 595 212 Mon – Fri, 8.30am – 5pm
Lifeline If you are feeling sad, low, or worried someone at Lifeline will listen and talk through the problem to get the support you need.	13 11 14 24 hrs, 7 days
Local help	
Dementia Advisory Service Illawarra Shoalhaven Support for people living with dementia. Link with other people living with dementia and their carers.	02 4223 1439 Illawarra 02 4223 1433 Shoalhaven bit.ly/ISDAService
Dementia Illawarra Shoalhaven Social and support services and resources for people living with dementia.	dementiaillawarra.com
Social Rx (Social Prescribing) For people in SE NSW experiencing social isolation, loneliness, or need help with housing, food, or other significant stressors.	02 9477 8700 pccs.org.au/social-rx
Help for Aboriginal and Torres Strait Islander people	
Illawarra Aboriginal Medical Service Health care and related services.	02 4229 9495
South Coast Medical Service Aboriginal Corporation Health care and related services.	1800 215 099 southcoastams.org.au
Waminda Provides women and their families health and well-being support.	02 4421 7400 waminda.org.au

Consider using the Dementia Guide Checklist from Dementia Australia dementia.org.au/resources/the-dementia-guide

For more information and links to other local services, visit the COORDINARE website at coordinare.org.au/community/awareness-campaigns/living-well-with-dementia or scan the QR code.

