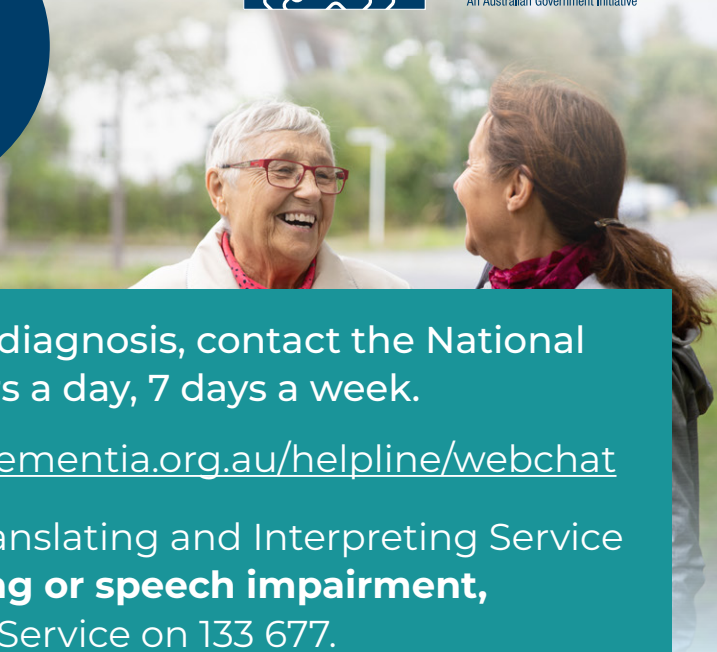


Living well with Dementia: where to go for support South East NSW Region



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
Driving and Dementia Information about driving following a dementia diagnosis.	bit.ly/DementiaAusDriving
National Disability Insurance Scheme (NDIS) People with younger onset dementia may be eligible for support from the NDIS.	1800 800 110 ndis.gov.au
My Dementia Companion Carer Supports carers to navigate government subsidies and support resources	mydementiacompanion.com.au

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

Service - What does the service do	How do I contact them?
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
Help for Aboriginal and Torres Strait Islander people	
Katungul Aboriginal Corporation Health care and related services for Aboriginal and Torres Strait Islander people.	1800 804 201 katungul.org.au
Mental health and well-being supports	
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
Head to Health Can help find the right mental health support service, advice, assessment and treatment.	1800 595 212 Mon – Fri, 8.30 – 5pm
Local support	
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
Dementia Australia regional offices:	
Far South Coast 5 Hill Street, Bega NSW 2550	02 6492 6158 nsw.farsouthcoast@dementia.org.au
Goulburn, Queanbeyan and Yass Region Endeavour House, Captain Cook Crescent, Griffith ACT 2603	02 6255 0722 act.admin@dementia.org.au
Batemans Bay 3 Flora Crescent, Batemans Bay 2536	02 9805 0100 nsw.farsouthcoast@dementia.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.

