

# Dementia Australia services for people living with dementia

Dementia Australia Free National Helpline (1800 100 500) that can link people living with dementia to specific resources.

[dementia.org.au/helpline](https://dementia.org.au/helpline)



Free psychological support services and counselling. Post diagnostic support program, counselling, and other services that support people at all stages of the disease process.

[dementia.org.au/support/counselling](https://dementia.org.au/support/counselling)



Dementia Guide—for the person with dementia, their family, loved ones, and carers.

[dementia.org.au/resources/the-dementia-guide](https://dementia.org.au/resources/the-dementia-guide)



FNQ Dementia Alliance—a dementia-friendly community, where people are included, supported, and empowered to live their best life. By increasing community awareness and understanding of dementia, the group aims to eliminate stigmas and bring the FNQ community together.

[dementiafriendly.org.au/dementia-friendly-communities/explore-your-community/far-north-queensland-dementia-alliance](https://dementiafriendly.org.au/dementia-friendly-communities/explore-your-community/far-north-queensland-dementia-alliance)



Living with Dementia programs (free) online and face-to-face.

[dementia.org.au/education/living-dementia-program](https://dementia.org.au/education/living-dementia-program)



Request a dementia kit which includes a tailored resource bundle to the needs of the individual.

[dementia.org.au/helpline/free-dementia-kit](https://dementia.org.au/helpline/free-dementia-kit)



Help sheets—139 different help sheets on a huge variety of topics. All the help sheets are available to download in other languages. Additional information on Dementia in other languages is also available at

[dementia.org.au/languages](https://dementia.org.au/languages)

[dementia.org.au/resources/help-sheets](https://dementia.org.au/resources/help-sheets)



NQPHN acknowledges the Aboriginal and Torres Strait Islander peoples as Australia's First Nation Peoples and the Traditional Custodians of this land. We respect their continued connection to land and sea, country, kin, and community. We also pay our respect to their Elders past, present, and emerging as the custodians of knowledge and lore.



ISO 9001  
QUALITY



# Resources and support for carers, family members, or friends

Dementia Australia Free National Helpline (1800 100 500)

[dementia.org.au/helpline](https://dementia.org.au/helpline)



Dementia Australia website

[dementia.org.au/information/about-you/i-am-a-carer-family-member-or-friend](https://dementia.org.au/information/about-you/i-am-a-carer-family-member-or-friend)



Participate in a Carer Wellness program

[dementia.org.au/events](https://dementia.org.au/events)



Family Carer information sessions and education

[dementialearning.org.au](https://dementialearning.org.au)



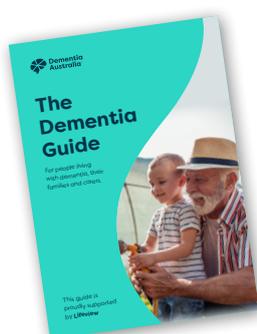
Funded counselling services for carers and families

[dementia.org.au/support/counselling](https://dementia.org.au/support/counselling)



## The Dementia Guide

The Dementia Guide is an important resource for any person impacted by any form of dementia, of any age. The Dementia Guide can help anyone learn about dementia and the treatments, support, and services available.



The Dementia Guide may also be useful to the friends, families, and carers of people living with dementia, as it contains information about the impact dementia may have on a person, the treatment, support, and services they may need, as well as for anyone taking on a caring role.

Download a PDF version, listen to an audio book, or order a printed copy of the The Dementia Guide [dementia.org.au/resources/the-dementia-guide](https://dementia.org.au/resources/the-dementia-guide)



Scan QR code to access the guide

# Further information

## Help Sheets

Help Sheets explore a comprehensive variety of commonly sought-after topics.

Help Sheets provide insight on what to expect when living with dementia, the different types of dementia conditions, useful services, and resources available to support people living with dementia, their carers, and families, amongst other key topics. These are explored in easily readable, straightforward, and short documents designed to be easily understandable despite the complexity of the condition.

[dementia.org.au/resources/help-sheets](https://dementia.org.au/resources/help-sheets)



## Consumer resources

Consumer resources for the Aboriginal and Torres Strait Island community, Cultural and Linguistically Diverse community, LGBTIQ+ community, and people experiencing Younger Onset Dementia, among many other groups, are represented in Dementia Australia's help sheets and resources.

Dementia Australia is committed to meeting the linguistic needs of all members of the community. Find resources translated in 38 languages.

[dementia.org.au/resources/browse-all-resources](https://dementia.org.au/resources/browse-all-resources)



## My Aged Care (1800 200 422)

My Aged Care acts as the starting point for government-funded aged care services. My Aged Care seeks to understand one's situation, specific needs or background to help them identify what services are available—from services that help someone live independently at home, to short-term care that helps them get back on their feet, to moving into an aged care home when they can no longer live at home.

Services include: organising an aged care assessment, help at home, short-term care, aged care homes, and on-going support for in-care individuals.

[myagedcare.gov.au](https://myagedcare.gov.au)



## Carer Gateway

Carer Gateway is an Australian Government program providing free services and support for carers. The Australian Government works with a range of health and carer organisations across Australia known as Carer Gateway Service providers to deliver services to carers no matter where they live in Australia.

Services include: in-person online peer support groups, tailored support packages (e.g. transport), counselling, self-guided coaching, skills courses, and emergency respite.

[carergateway.gov.au](https://carergateway.gov.au)

In the NQPHN service area, Wellways Carer Gateway delivers emotional and practical supports for carers including face-to-face carer groups, facilitated coaching and counselling services.



**Alzheimer's Queensland 24/7 Dementia Help Line** (1800 639 331)

[alzheimeronline.org](http://alzheimeronline.org)



**Ozcare Dementia Support Group**

This support group is for people living with dementia and their carers. The group meets monthly. (1800 692 273)

[ozcare.org.au/dementia-care/dementia-support-groups](http://ozcare.org.au/dementia-care/dementia-support-groups)



**Blue Care 'Grief, Loss and Dementia' program**—programs throughout the year.

[bluecare.org.au/services/grief-and-loss-programs](http://bluecare.org.au/services/grief-and-loss-programs)



**CarFreeMe** has been designed to help older adults stop driving without limiting their life and freedom. Our client-centred solution enables people to continue doing what they love 'car free'.

[carfreeme.com.au](http://carfreeme.com.au)



**National Continence Helpline**

The National Continence Helpline (1800 33 00 66) is a free telephone service that offers confidential information, advice and support.

[continence.org.au/get-help/national-continence-helpline](http://continence.org.au/get-help/national-continence-helpline)



**Dementia Support Australia**

Navigating changes in behaviour related to dementia can be challenging. That's why we offer free, evidence-based support nationwide, 24 hours a day, 7 days a week.

[dementia.com.au](http://dementia.com.au)



*This resource was developed by Darling Downs and West Moreton PHN with funding from the Australian Government, and rebranded by NQPHN.*

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Cairns, Qld 4870

**Townsville**

p: (07) 4796 0400  
Building 500, Level 3  
1 James Cook Drive, Douglas, Qld 4814

**Mackay**

p: (07) 4963 4400  
2/45 Victoria Street (Ground Floor)  
Mackay, Qld 4740

e: [support@nqphn.com.au](mailto:support@nqphn.com.au) w: [nqphn.com.au](http://nqphn.com.au)

