

# 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.

[dementia.org.au/get-involved/dementia-friendly-communities/dementia-friendly-community-groups/far-north-queensland](https://dementia.org.au/get-involved/dementia-friendly-communities/dementia-friendly-community-groups/far-north-queensland)



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/professionals/gps-and-other-referrers/refer-someone-your-care/order-your-referrer-kit](https://dementia.org.au/professionals/gps-and-other-referrers/refer-someone-your-care/order-your-referrer-kit)



Quicklinks—find information relating to dementia, support information, or services provided by Dementia Australia.

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



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/living-dementia/family-friends-and-carers](https://dementia.org.au/living-dementia/family-friends-and-carers)



Participate in a Carer Wellness program

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



Younger onset dementia

[dementia.org.au/about-dementia/younger-onset-dementia](https://dementia.org.au/about-dementia/younger-onset-dementia)



Funded counselling services for carers and families

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



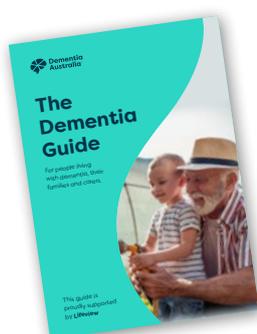
Family Carer information sessions and education

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



## 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

## Quick links

Find information relating to dementia, support information, or services provided by Dementia Australia in one place, so you can more easily find what you need.

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



## 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 (e.g. 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 Friendly Day Respite  
Care offers positive a range of services and  
experiences to support people living  
with dementia.

[ozcare.org.au/dementia-care/  
dementia-friendly  
-day-respite-care](http://ozcare.org.au/dementia-care/dementia-friendly-day-respite-care)



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-support/  
who-can-help/national  
-continence-helpline](http://continence.org.au/get-support/who-can-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.*

**Cairns**

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Level 5, 111 Grafton Street  
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)

