

MY LOCAL DEMENTIA SUPPORT SERVICES

This card highlights the support services for people experiencing early signs of dementia or who have received a dementia diagnosis. It includes national services and resources as well as specific local supports for residents of Eastern Sydney.



NATIONAL SUPPORT ORGANISATIONS

(Please check box)

- | | | | |
|--|--------------|---|--------------|
| <input type="checkbox"/> My Aged Care | 1800 200 422 | <input type="checkbox"/> National Dementia Helpline | 1800 100 500 |
| <input type="checkbox"/> NDIS (under 65 years) | 1800 800 110 | <input type="checkbox"/> Seniors Rights Service | 1800 424 079 |
| <input type="checkbox"/> Carer Gateway | 1800 422 737 | <input type="checkbox"/> Mental Health line | 1800 011 511 |
| <input type="checkbox"/> Forward with Dementia website
forwardwithdementia.au | | <input type="checkbox"/> Dementia Australia website
dementia.org.au/ | |



LOCAL SUPPORTS FOR RESIDENTS IN EASTERN SYDNEY

- | | |
|---|--------------|
| <input type="checkbox"/> St Vincent's Dementia Advisory Service | 8382 1450 |
| <input type="checkbox"/> Randwick Dementia Carers Day Support Group | 9349 4728 |
| <input type="checkbox"/> Holdsworth Community Centre | 9302 3688 |
| <input type="checkbox"/> iReadi Program – Uniting War Memorial Hospital | 1800 864 846 |
| <input type="checkbox"/> The Love Project – support for people identifying as LGBTIQ+ | 9206 2017 |
| <input type="checkbox"/> Sydney Multicultural Community Services | 9663 3922 |
| <input type="checkbox"/> Greek Carers Group Eastlakes | 8338 8506 |
| <input type="checkbox"/> The Cottage - War Memorial Hospital Younger Onset Dementia | 9369 0400 |

Navigating dementia supports can be difficult, because each individual has their own experiences and needs. If you are feeling lost or unsure about where to start, we recommend starting with the **National Dementia Helpline on 1800 100 500**.

NOTES:

Additional services:

- Translating and Interpreter Service (131 450)**
Translating and Interpreter Service provides access to phone and on-site interpreting services in over 150 languages.

- Ageing and Disability Abuse Helpline (1800 628 221)**

A note for clinicians or care coordinators:

You might like to highlight or circle the service(s) you recommend for a person you are supporting. With so many services available, it can be difficult to know where to start.

