

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 in the City of Sydney.



NATIONAL SUPPORT ORGANISATIONS

(Please check box)

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|--|--------------|---|--------------|
| <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 CITY OF SYDNEY

- | | |
|---|--------------|
| <input type="checkbox"/> Sydney Local Health District Access Care Team | 1300 722 276 |
| <input type="checkbox"/> Baptist Care Dementia Advisory Service | 8741 5999 |
| <input type="checkbox"/> "The Connection" Male Dementia Carers Group | 9767 5953 |
| <input type="checkbox"/> St Vincent's Dementia Advisory Service | 8382 1450 |
| <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"/> So Wai Chinese Dementia Carer Support Group | 1800 882 288 |
| <input type="checkbox"/> St Luke's Care – Dementia support community program | 0434 826 714 |

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.

