



Darling Downs 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



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

dementia.org.au/resources/the-dementia-guide



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



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

dementia.org.au/helpline/free-dementia-kit



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

dementia.org.au/education/living-dementia-program



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

dementia.org.au/resources/help-sheets





Resources and support for carers, family members, or friends

Elder Abuse Helpline - 1300 651 192

Source of information, support, and referral about elder abuse, protecting the rights, dignity and independence of older people.

<https://eapu.com.au/elder-abuse-helpline/>



Dementia Australia website

dementia.org.au/information/about-you/i-am-a-carer-family-member-or-friend



Participate in a Carer Wellness program

dementia.org.au/events



Family Carer information sessions and education

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.

dementia.org.au/sites/default/files/resources/The-Dementia-Guide-2019-v2.pdf



Scan to download



Help Sheets

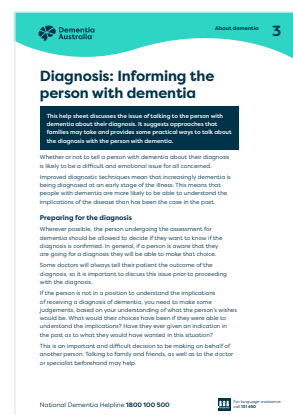
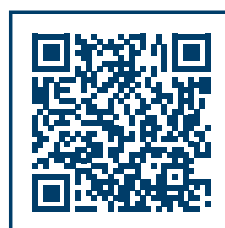
Help Sheets explore a comprehensive variety of commonly sought-after topics.

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 sufferers, 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



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Consumer resources

Consumer resources for the Aboriginal and Torres Strait Island community, Cultural and Linguistically Diverse community, LGBTIQ+ community, 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



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My Aged Care

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 understand 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: help at home, short-term care, aged care homes, assessments, on-going support for in-care individuals.

myagedcare.gov.au



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Dementia Australia

Free dementia programs

Are you interested in finding out more about dementia? All programs are government funded and are free of charge.

ddwmpnh.com.au/uploads/attachments/2022-Free-Dementia-Programs-Flyer.pdf



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Counselling

Individual and family counselling pre-booked appointments are available for free. Please contact 1800 588 699 to register and make a booking.

Education Programs

You can visit the Dementia Australia calendar on their website at dementia.org.au/events to look at upcoming programs and register. Alternatively, contact 1800 588 699 to register or visit the ticketing system Eventbrite <https://www.eventbrite.com.au/o/dementia-australia-6584917001>

Post Diagnostic Support Program

Suitable For: a Person Living With Dementia (recent diagnosis/early stages) and/or their carer if the Person Living With Dementia would like them to attend. Person having symptoms and seeking a diagnosis, or a diagnosis of Mild Cognitive Impairment can also register. Offered via Virtual (Telephone and/or Zoom) or Face-to-Face in Dementia Australia's offices.

Support to help you following your diagnosis, provides you with practical information and advice tailored to your circumstances.

For more information view the Post Diagnostic Support Program flyer by visiting: dementia.org.au/sites/default/files/2020-09/DA-Post-diagnostic-program-flyer.pdf

Carer Gateway Facilitated Coaching Program

One-on-one carer led sessions offered via Phone or Zoom over five sessions. Carer coach will guide you through practical strategies in building resilience for yourself.

For more information download the flyer: ddwmpnh.com.au/uploads/attachments/0162-Coaching-factsheet-Dementia-Australia-v1.pdf or contact Carer Gateway on 1800 422 737 or Dementia Australia on 1800 588 699 to register.



Dementia Behaviour Management Advisory Services

When changed behaviours start to impact the care of a person living with dementia, or their carers, we can provide on the ground support, clinical advice and more to help.

Helping respond to changed behaviours

Everyone experiences dementia differently. Through the Dementia Behaviour Management Advisory Services (DBMAS), we work to understand each person's unique experiences and develop ways to respond to individual needs. Working closely with the person living with dementia and their carers, including GPs and clinicians, we design tailored, non-pharmacological supports and help you implement these.

Whether you are a home care provider, respite service, in aged care or a carer at home, we can support you. We can also support in acute care to facilitate transition back home or into care.

Who is DBMAS for?

DBMAS is part of Dementia Support Australia funded by the Australian Government and free to access. DBMAS is designed to provide more proactive support early on, where there is less risk related to the behaviour. This supports people regardless of where they are, their dementia diagnosis or age. And if DBMAS isn't the right service for them, we'll connect them to the right program.

We do this through:

- 24/7 phone support.
- Phone or in-person assessment of the person living with dementia and their environment.
- Involving the career/support network to understand the person with dementia and their needs, including their background and life experiences.
- Highly personalised advice, strategies and written recommendations.
- On-going support and guidance to implement the recommendations.
- Increasing staff knowledge through modelling strategies and recommendations.
- Access to current research and guidelines.
- Referrals to other DSA services.

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, emergency respite.

carergateway.gov.au



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Alzheimer's QLD Carer Support and Education Group - run out of their

Buckland Street centre.

Phone 07 4635 2966. Toowoomba library community rooms first

Wednesday of each month pre bookings essential.

alzheimeronline.org



Wellways Carer Gateway and Ozcare Support and Education Group - second Tuesday of

the month at various venues, free only for carers, please no patients. Bookings essential phone 0423 167 926.

wellways.org



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

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



National Continence Helpline

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

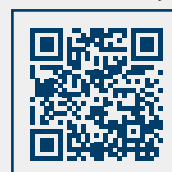
continence.org.au/get-help/national-continence-helpline



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



Infinity Specialists

The Infinity Specialists practice consists of specialised physicians providing expert services in the fields of geriatrics, general medicine, stroke and rehabilitation.

infinityspecialists.com.au



Services

- Acute Inpatient Services
- Dementia and Memory Assessments
- Medication Rationalisation (Polypharmacy)
- Parkinson's Disease and Movement Disorders
- Stroke Services
- Falls Risk Assessments

Referrals

All referrals and correspondence are preferred via Medical Objects for all of our physicians.

Geriatrician Referrals:

Patients can be referred directly, with referrals addressed to Infinity Specialists. Upon receipt of referrals, one of our triage team will assign a geriatrician to your patient, based on individual patient requirements (as detailed on your referral) and appointment timeliness. If, however, you wish for your patient to see a specific geriatrician, please indicate this on your referral and a booking will be made directly with this specialist.

General Medicine Referrals: Patients can be referred addressed to our general physician.

Geriatric Initial Appointments

If you are a new patient, we will require a referral from your general practitioner (GP) to Infinity Specialists, prior to booking an appointment. Once received, your referral will be triaged by our experienced staff, in order to assign you to one of our geriatricians according to urgency and your particular health needs. If your GP requests that you are to be seen by a specific geriatrician, we will Endeavor to provide this in a timely manner.

An initial consultation can take between 40 and 80 minutes depending on the nature and complexity of your condition. We do ask that you arrive with at least one family member, carer or friend, as there can be a lot of information to process. This consultation includes collating past medical history, reviewing current medications and investigations, a physical and/or mental health examinations as well as discussing diagnoses, further investigations and your individual management plan.

Once the initial consultation has taken place you may be required to have further appointments depending on the result, complexity of your condition and your management plan.



Geriatric Review Appointments

Review appointments may be required to assess further results/investigations, changes or developments in your diagnosis, and/or to discuss alternative options or changes required to your management plan. We generally allow between 20 and 40 minutes for review appointments and again ask that a family member, carer or friend accompany you.

Following each outpatient appointment, a detailed letter will be sent to your GP and referring doctor, if different to your regular GP. If you wish for another health practitioner to receive a copy of these letters, please make a request to your doctor and advise the administration staff.

Side Effects / Contacting your doctors between booked appointments

We encourage you to keep our doctors up to date with your medical concerns regarding your diagnosis and management, as well as any side-effects or issues with any newly prescribed medications. If you are experiencing side-effects or wish to relay information to your treating specialist, between appointments, please contact our office and our administrative team will assist with documenting a thorough message to your doctor. We will require your current list of medications including dosages, so please have these details on hand when you call our office or alternatively, you can email this information to our monitored email: admin@infinityspecialists.com.au.

Stanthorpe Dementia Alliance

Email: jwbarnes051@gmail.com

Phone: 0438 852 197

dementiafriendly.org.au/dementia-friendly-communities/explore-your-community/stanthorpe-dementia-alliance



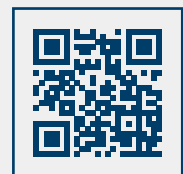
Ozcare Dementia Advisory and Support

Phone: 1800 692273

Ask for Dementia Advisory Support (DASS)

Referral: Through My Aged Care

Address: 10 Pechey St, South Toowoomba QLD 4350



ozcare.org.au

Alzheimer's Queensland Toowoomba Multi Service Centre

Address: 8 Buckland Street, Harristown QLD 4350

Phone: 07 46 35 29 66