



Darling Downs Dementia Australia services for people living with dementia

National Services

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

dementia.org.au/helpline



Dementia Australia website for the person with dementia, their family, loved ones and carers.

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



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



Family Carer information sessions and education

dementialearning.org.au





Participate in a Carer Wellness Program

dementia.org.au/events



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

bluecare.org.au/services/grief-and-loss-programs



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bluecare.org.au/services/grief-and-loss-programs



CarFreeMe designed to help older adults stop driving without limiting their life and freedom.

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: free, evidence-based support nationwide, 24 hours a day, 7 days a week.

dementia.com.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.

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





Help Sheets

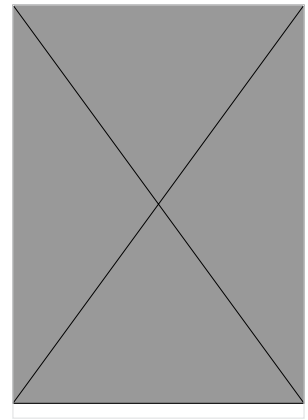
Help Sheets explore a comprehensive variety of commonly sought-after topics.

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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Post Diagnostic Support Program (Dementia Australia)

Free support for people of all ages diagnosed with dementia, or people assessed with mild cognitive impairment. These sessions are designed to help you manage your diagnosis and live well.

Available via phone or video conference.

dementia.org.au/sites/default/files/2020-09/DA-Post-diagnostic-program-flyer.pdf

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Older Persons Advocacy Network (OPAN)

Free, independent and confidential services for older people, their families and carers who are finding it difficult to access aged care services, have a concern about their aged care services, don't feel like their aged care services are meeting their needs or want to make a complaint.

Call 1800 700 600.

opan.org.au

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Carer's Queensland

Provides specialised carer and disability support services, working within the local community, responding to unmet needs with care and respect, and assisting those who are disconnected through high-quality personalised support.

Call 1300 747 636 or email info@carersqld.com.au

carersqld.com.au

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National Service Directory – Palliative Care

Provides information about specialist palliative care services and providers; services that provide general palliative care such as general practices and allied health; organisations and community support agencies who provide services to people living with a life-limiting illness and/or their carers.

nsd.palliativecare.org.au/s/search-service

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Advance Care Planning

Advance care planning involves planning for your future health care. It enables you to make some decisions now about the health care you would or would not like to receive if you were to become seriously ill and unable to communicate your preferences or make treatment decisions. It helps to ensure your loved ones and health providers know what matters most to you and respect your treatment preferences. The Statewide Office of Advance Care Planning is funded by the Queensland Department of Health and can provide assistance with advance care planning information and resources for patients, carers, family members and health professionals.



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Call 1300 007 227 or email acp@health.qld.gov.au

www.qld.gov.au/health/support/end-of-life/advance-care-planning

Dementia Behaviour Management Advisory Services (DBMAS)

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. DBMAS is part of Dementia Support Australia funded by the Australian Government and free to access.

Helping respond to changed behaviours

Working closely with the person living with dementia and their carers, including GPs and clinicians, DBMAS designs 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. They can also support in acute care to facilitate transition back home or into care.

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. If DBMAS isn't the right service for them, they'll connect them to the right program.

- 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.



<https://www.dementia.com.au/dbmas>



Local 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 Queensland (AQ) Toowoomba Multi Service Centre

Offers respite care 24/7 in a secure, home-like setting. Suitable for people living with dementia or the frail aged, as well as those over 65 seeking opportunities for social and community engagement. AQ also offers centre-based and in-home respite care, to give carers and families a well-earned break to recharge and attend to daily life. Allied Health services including physiotherapy, exercise physiology, occupational therapy, and more are available to maintain or restore wellness and independence.

AQ provides fortnightly Carer Support & Education Group meetings offering carers a valuable way to obtain information and receive support from staff, guest speakers, and other carers as well as online services, education and information sessions, telephone support groups, and a 24/7 Dementia Help Line 1800 639 331.

Services can be accessed through the Commonwealth Home Support Programme (CHSP) and Home Care Packages (HCP). AQ also offers privately funded services. Access to services will not be determined by an inability to meet the nominated fees, and financial hardship can be confidentially discussed with your AQ team.

Call 07 4635 2966 or 1800 639 331 or email intaketeam@alzqld.org.au

alzheimeronline.org



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Infinity Specialists

Specialised physicians providing expert services in the fields of geriatrics, general medicine, stroke and rehabilitation.

Services

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

All referrals and correspondence are preferred via Medical Objects.

Geriatrician Referrals

Patients can be referred directly, with referrals addressed to Infinity Specialists. Upon receipt of referrals, the triage team will assign a geriatrician to your patient, based on individual patient requirements (as detailed on your referral) and appointment timeliness. If you wish for your patient to see a specific geriatrician, please indicate this on your referral. General Medicine Referrals: Patients can be referred addressed to our general physician.

Geriatric Initial Appointments

If you are a new patient, a referral from your GP is required prior to booking an appointment. Once received, your referral will be triaged by their staff according to urgency and your health needs. An initial consultation can take between 40 and 80 minutes depending on the nature and complexity of your condition. 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.

Further appointments may be required 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. 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

You should keep your Infinity Specialist doctor 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 contact their office: admin@infinityspecialists.com.au.

infinityspecialists.com.au



Ozcare's Dementia Advisory and Support Service

Most commonly accessed via My Aged Care, this service offers information and support to people with dementia and their families throughout Queensland. For some, this may mean support to go through a diagnostic process, if they are concerned about their memory. For others, it may mean help coming to terms with a dementia diagnosis, providing support and suggestions for facing daily challenges. Can also help people navigate local services so they are aware of what's on offer for people living with dementia.

They can visit you in your own home or wherever you feel comfortable to speak, either face-to-face or by telephone, usually working with people for 2-3 months to help them formulate a plan for living with dementia.

Free for those referred via the Federal Government's Commonwealth Home Support Program (CHSP). Call 1800 692 273 for more information.

ozcare.org.au



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Stanthorpe Dementia Alliance

The Stanthorpe Dementia Alliance has committed to a project to make Stanthorpe a Dementia-friendly community. If you live in the area and would like to get involved, please contact them.

Call 0438 852 197 or email dfstanthorpe@gmail.com

www.facebook.com/dementiastanthorpe



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