West Moreton

Dementia Australia services for people living with dementia

Dementia Australia – In Your Language

Is English not your first language?
Scan, click or navigate to find information in your language.
www.dementia.org.au/languages

Early Warning Signs

The early signs of dementia can be very subtle. They're also different from person to person. You may not have a strong feeling that something's wrong. You might not even notice any early changes. Often, someone else notices them first. Learn more about the most common early signs of dementia. Your local doctor (GP) can guide you through the uncertainty and help you access the necessary support.

Dementia Australia Website: www.dementia.org.au/

Early Warning Signs: www.dementia.org.au/brain-health/early-warning-signs-dementia

What next? After your diagnosis

If you've just had a diagnosis of dementia, it can be hard to know what to do next. How do you cope with your emotions? Who should you tell? What will happen next, and how can you get help? The below services are available for advice and support to help you through the early days, and to plan ahead.

National Services:

The National Dementia Helpline (Dementia Australia)

Learn more about what dementia is, its symptoms, diagnosis, treatment and support

Call: 1800 100 500

Link: www.dementia.org.au/about-dementia

The Dementia Guide (Dementia Australia)

The Dementia Guide is the go-to resource for people living with dementia, their carers and family.

Download, listen or order a free printed copy.

Link: www.dementia.org.au/get-support/dementia-guide

Counselling (Dementia Australia)

Dementia Australia offers free, confidential, professional counselling for individuals, families, couples and professional carers at all stages of a dementia journey.

Call: 1800 100 500

Link: www.dementia.org.au/get-support/counselling

Living With Dementia Program (Dementia Australia)

This program provides an overview of dementia and how to proceed after a diagnosis. It covers coping with change, relationships and communication, planning for the future and staying healthy.

Link: www.dementia.org.au/get-involved/events/living-dementia-program

Post-diagnostic Support (Dementia Australia)

Dementia Australia offers 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.

Link: www.dementia.org.au/get-support/post-diagnostic-support

The Dementia Australia Library (Dementia Australia)

The library provides free access to a comprehensive collection of print and digital resources about dementia and is available to everyone. The library supports people living with dementia and their families, friends, and carers, as well as people working in dementia care practice and allied health.

Link: www.dementia.org.au/get-support/dementia-australia-library

Dementia and Aboriginal and Torres Strait Islander people (Dementia Australia)

Information, advice and support on dementia for Aboriginal and Torres Strait Islander people. The Dementia Australia website may contain images, voices and names of deceased persons.

Link: www.dementia.org.au/dementia-and-aboriginal-and-torres-strait-islander-people

Alzheimer's Queensland (AQ)

Offering community respite, home care packages, specialist dementia care services, education and training, and support groups.

They also provide a comprehensive range of at-home services, such as physiotherapy, occupational therapy, speech pathology, dietetics, and podiatry. As well we provide a national Dementia helpline operated by healthcare professionals.

Call: 1800 639 331

Link: www.alzheimersonline.org/

Dementia Advisory and Support Service (Ozcare)

Ozcare provides community-based dementia support to people with dementia and their families throughout Queensland, through the Commonwealth Home Support Program (CHSP) under Allied Health - Counselling.

Ozcare's Dementia Advisory and Support Service offers early intervention and low-intensity therapeutic support designed to maintain quality of life and overall wellbeing.

Call: 1800-692-273

Link: https://ozcare.org.au/dementia-care/dementia-advisory-support-service/

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

Link: www.carersqld.com.au/

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.

Call: 1800 200 422

Link: www.myagedcare.gov.au/

Older Person's 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

Link: www.opan.org.au/

National Disability Insurance Scheme (NDIS)

This service can connect people under the age of 65 who have younger onset dementia with necessary support and services to help them in their daily life, connect with their community and achieve their goals.

Call: 1800 800 100

Link: www.ndis.gov.au/applying-access-ndis/am-i-eligible

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.

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

Link: www.advancecareplanning.org.au/

National Palliative Care Services Directory (Palliative Care Australia)

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.

Link: www.palliativecare.org.au/directory-of-services/

For Family, Friends and Carers

Nearly 1.6 million Australians are involved in the care of someone living with dementia. It can be a rewarding role, but it can also come with big changes to your life, and there are good days and hard days. Below is some information, advice and support specifically designed for family, friends and carers.

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.

Call: 1800 422 737

Link: www.carergateway.gov.au/

Grief and Loss Programs (BlueCare)

People experience grief in many ways. The grief and loss journeys relating to bereavement and dementia can bring intense feelings of sadness, confusion, anger, guilt and fear, as well as memories of happier times. BlueCare's Grief and Loss programs provide extra support and a safe environment in which to share these journeys of grief and loss.

Call: 1300 258 322

Link: www.bluecare.org.au/services/grief-and-loss-programs

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.

Call: 1800 699 799

Link: www.dementia.com.au/dbmas

Severe Behaviour Response Team (Dementia Support Australia)

When someone experiences severe behaviours or psychological symptoms as a result of dementia, you need support fast. A 24/7 mobile Severe Behaviour response Team (SBRT) responds within 48 hours on the ground, and offers tailored advice and strategies to address individual needs.

SBRT is for people living with dementia who are experiencing severe behaviours or psychological symptoms as a result of dementia and reside in a Commonwealth funded approved residential care home, or a multi-purpose or flexibly funded service.

Call: 1800 699 799

Link: www.dementia.com.au/

Local Services

Ipswich Carer Support & Education Group (Alzheimer's Queensland)

Ipswich Carer Support & Education Group sessions are held at AQ Ipswich Multi Service Centre, 85 Chermside Road, East Ipswich.

Bookings are essential, to register to attend please call 07 3812 2253.

These groups are curated for carers, and we ask that loved ones and family members for whom you care do not attend. If loved ones or family require care while you are attending the group, please contact our Multi Service Centres to arrange attendance at our day respite programs. While there is no cost incurred for carers to attend the Carer Supports Program and Education Groups, there will be a cost for clients to attend our Multiservice Centre day respite programs.

Ipswich Multi Service Centre (Alzheimer's Queensland)

Aged care services in Ipswich, at home or centre-based providing a host of services and different levels of care tailored to meet your needs.

Call: 07 3812 2253

Link: www.alzheimersonline.org/community-support-services/aged-care-services-in-ipswich/

Western Brisbane Dementia Alliance

A group of people working towards making western Brisbane dementia-friendly. Please contact if you are interested in working together to create a dementia-friendly community in West Brisbane.

Email: wbdementiafriendlyalliance@gmail.com **or**

Call: 0405 658 455

Website: www.facebook.com/WesternBrisbaneDementiaAlliance