

Worried about your own or someone else's memory or thinking?

Talk to your doctor

Major changes to memory or thinking are not normal at any age. A GP (general practitioner) can help.

Dementia Help Line 1800 100 500

– a free telephone service for anyone seeking information, advice or support about dementia.

Online resources:

<https://www.dementia.org.au/>

Dementia Access and

Support Workers can help find the right support services, including specialist dementia clinicians.

Latrobe City Council **1300 367 700** (Latrobe residents).

Latrobe Community Health Service **1800 242 696** (rest of Gippsland) or go online <https://www.lchs.com.au/services/aged-disability-carers/dementia-services/>

Worried about your thinking or memory brochure and checklist

<https://www.dementia.org.au/resources/worried-about-your-memory>

available in many languages

Latrobe Community Health Service

Specialised Dementia Services

Phone **1800 242 696**

or go online

<https://www.lchs.com.au/services/aged-disability-carers/dementia-services/>

Gippsland Lakes Complete Health

Specialised Dementia Services for people in East Gippsland

Phone: **03 5155 8380**

Mobile: **0427 945907**

or go online:

<https://glch.org.au/social-support-and-counselling/dementia-services/>

Dementia Support Australia

A free service for carers of people living with dementia where behaviours are impacting on care.

Phone: **1 800 699 799**

or go online

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

For help at home, respite or aged care

For everyone 65 years or older – start with My Aged Care

People 50 years or older (45 years or older for Aboriginal and Torres Strait Islander people) can be eligible if prematurely aged and on low income or at risk of homelessness.

Phone **1800 200 422** or go online at <https://www.myagedcare.gov.au/>

For people under 65 years

The National Disability Insurance Scheme (NDIS)

<https://www.ndis.gov.au/>

Offers support for people with a disability, including people with younger onset dementia.

Helplines and other support

Centrelink offers a range of payments and services for carers, older people and people with disabilities.

<https://www.servicesaustralia.gov.au/individuals/services/centrelink>

Disability, Sickness and Carers Line **132 717**

Centrelink Older Australians Line **132 300**

Older Persons Advocacy Network **1800 700 600**

<https://opan.com.au/>

Aged Care Navigator Service, COTA Victoria

Phone: **1300 13 50 90**

Email: cotawise.services@cotavic.org.au