

Dementia Enablement

– Further information

Useful contacts

Aged Care Assessment Team (ACAT)
1800 200 422

Dementia Australia – National Dementia Helpline
1800 100 500

Carer Gateway
1800 422 737

Services Australia – Centrelink Older Australian's Line
132 300

My Aged Care
1800 200 422

Peer support

Dementia Alliance International (DAI)
www.dementiaallianceinternational.org/

Dementia Australia
1800 100 500

Ozcare
1800 692 273

Who can help?

As outlined in the Dementia Enablement Guide - Person Living with Dementia, there are a number of people who can provide you with assistance if required.

This brochure outlines the roles of the professions listed in the guide and an overview of the kind of support that they provide and how you can contact them.

If you have any questions or concerns, talk to your doctor/General Practitioner for further information.

Role descriptions

Aged Care Assessment Team (ACAT)

assess needs if you wish to access government funded services to help you remain living at home or if you are considering moving into an aged care home.

Accredited Exercise Physiologists

specialise in exercise for people with chronic/complex conditions or injuries. They can give advice about lifestyle changes.

Accredited Practicing Dietitians /

Nutritionists focus on nutritional needs and provide expert nutritional, dietary advice, and practical strategies to ensure the best food choices and health outcomes.

Carer Gateway is an Australian Government program that offers services and support including peer support groups, counselling, support packages, and respite. Call 1800 422 737.

Continence Advisors assist people to cure or manage bladder and bowel problems. They can help with toileting problems such as needing to toilet urgently or very often or having leakage.

Dementia Australia supports the needs of people living with all types of dementia and those involved in their care. They provide support services, education, and information. Call 1800 100 500.

Dementia Advisors offer counselling and education as well as refer to services and support.

My Aged Care has been established by the Australian Government to help you navigate the aged care system. They can help you find government-funded services. Call 1800 200 422.

Occupational Therapists (OTs) help people to remain independent and involved in everyday activities at home, work, or leisure. OTs provide advice about adapting tasks, specialised equipment and modifying the environment to help people to be independent and safe at work, at home and in the community.

Peer Support Groups are many and varied. Dementia Australia often provide information about specific group options. Groups are being developed regularly and may be found through searching on social media (e.g., Facebook).

Pharmacists can advise about prescribed and over the counter medicines or natural remedies, their uses, side-effects, interactions and their impact on thinking and memory. Pharmacists help to find ways to make sure medicines are taken correctly.

Physiotherapists assist people with improving mobility and balance and can help with preventing falls. They can also prescribe exercises to improve general strength and endurance as well as prescribe walking aids.

Psychologists help people to improve their physical and mental health. They can help manage emotional reactions to dementia through counselling, and they can help people make personal decisions, manage pain, understand behaviour, mood, and memory changes.

Registered Nurses assist people by working with them, their doctors and other health professionals in providing care coordination, education, and assistance to stay as well and independent as possible.

Services Australia – Centrelink Older Australian’s Line provides help with your Age Pension or another service and provides education and information on financial issues. Call 132 300.

Social Workers provide support during times of stress and change (e.g., grief, adjustment to illness, and personal difficulties). They provide counselling and can help with matters such as Enduring Power of Attorney and Advance Health Directives, community services, and Centrelink payments.

Specialists (e.g., Geriatrician, Neurologist, Neuropsychologist, Psychiatrist, Older Persons Mental Health Service) assist in the dementia diagnosis and management of uncharacteristic behaviours and mood.

Speech Pathologists assess, monitor, and provide advice on ways to retain and improve speech, language, communication, and swallowing abilities. Assistance in this way may increase independence, function, and engagement.