WORRIED ABOUT YOUR MEMORY?
Do you have persistent difficulty with:

- Memory
- Orientation
- Attention
- Personality changes
- Everyday tasks
- Comprehension and language?

Many people think these problems are just a normal sign of ageing. However, if you notice these changes and are worried, it’s a good idea to discuss them with your doctor. Seeking help early can make a big difference to diagnosing the problem and obtaining the right treatment.

AlzNSW can assist you in seeking the right information, referral, help and support. Contact the National Dementia Helpline.

WHAT IS DEMENTIA?
Dementia is a general term used to describe the symptoms of a large group of illnesses which cause a progressive decline in a person’s cognition and affects activities of daily living, memory and social skills. There are many different forms of dementia and each has its own cause. Some of the most common forms of dementia are Alzheimer’s Disease and Vascular Dementia, both of which can happen to anyone, but become more common in people over the age of 65 years.

While it is not known how to prevent or cure dementia, there are things you can do now about diet, exercise and social participation to remain healthy and keep your brain healthy as you age.

For further information about brain healthy lifestyles, visit: www.yourbrainmatters.org.au

CONTACT US
NATIONAL DEMENTIA HELPLINE
1800 100 500
The National Dementia Helpline is an initiative of the Australian Government
Translating and Interpreter Service 131 450
E: NSW.Helpline@alzheimers.org.au

WWW.FIGHTDEMENTIA.ORG.AU
ALZHEIMER’S AUSTRALIA NSW

BEKA VALLEY
Dementia and Memory
Community Centre,
Dementia Advisory Service
and Mobile Respite Service
5 Hill St, Bega NSW 2550
PO Box 663 Bega NSW 2550
T: (02) 6492 6158
F: (02) 6492 6153

EUROBODALLA
Dementia Advisory Service
T (02) 4474 3843

YASS VALLEY, YOUNG,
HARDEN, BOOROWA,
QUEANBEYAN, &
PALERANG
Dementia Advisory Service
T: (02) 6241 0881

COOMA, BOMBALA &
SNOWY MOUNTAINS
Dementia Advisory Service
T: (02) 6452 3861

GOULBURN & UPPER
LACHLAN
Dementia Advisory Service
T: (02) 4869 5651

E: NSW.southeast@alzheimers.org.au

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We respectfully acknowledge the Traditional Owners of the land on which we live and work.

Updated 14 Jan. 2014
ABOUT ALZHEIMER’S AUSTRALIA NSW
Alzheimer’s Australia NSW (AlzNSW) is the peak body for people with dementia and their families and carers, providing advocacy, information, education and support services.

ABOUT OUR SERVICES
Our dementia support and education services are available at various locations throughout South East NSW, coordinated out of our Dementia and Memory Community Centre in Bega. Services are provided in-house and on an outreach basis to ensure we are reaching people close to where they live and work.

Services are available to people with dementia, families and carers, health and community services providers and community members.

WHAT IS THE HELPLINE?
The National Dementia Helpline (the Helpline) is a free confidential phone service where you can talk to caring and experienced professionals about dementia and memory loss concerns, discuss your needs and connect to a range of programs and services. The Helpline is available 9am to 5pm Monday to Friday. Contact our Helpline staff on T:1800 100 500

ADVISORY AND SUPPORT SERVICES
Our professional consultants support people with dementia and families by providing information, emotional support, and practical day-to-day advice about coping and living well with dementia and memory changes. The service includes guidance about planning for the future and linking people to services and supports that meet individual needs. Please contact the Helpline for details of services in your area.

RECENTLY DIAGNOSED
A diagnosis of dementia can leave a person and their family feeling extremely isolated. AlzNSW offers a number of early intervention support options for people recently diagnosed with dementia. This includes the Living With Memory Loss program, which is designed to maximise health and well-being of people during the early stages of dementia.

PEER SUPPORT—CONNECTING WITH OTHERS
Our group programs enable people with dementia, family members and carers to come together to share experiences, support one another and enhance their well-being. These are available at various locations throughout the South East NSW region, and include our popular Coffee and Chat groups.

YOUNGER ONSET DEMENTIA
The term Younger Onset Dementia is used to describe any form of dementia diagnosed in people under the age of 65. AlzNSW offers a range of tailored services for people with younger onset dementia and families including our Younger Onset Dementia Key Worker program. Please contact the Helpline for details of services available in your area.

EDUCATION
We provide education for both family carers and health professionals for learning about dementia. Topics include Understanding Dementia, Effective Communication and our popular Three Day Carer Workshop. We are also able to customise our education sessions to meet specific needs. For information about our upcoming sessions please visit our website or contact the Helpline.

COUNSELLING
Talking through emotional, practical and family issues in confidence with one of our professional counsellors can be very helpful. These services can be provided over the phone, in person, or over the internet. Bookings are essential and to make an appointment please contact the Helpline.

INFORMATION, RESOURCES AND LIBRARY
AlzNSW offers a range of resources which may assist in understanding the many aspects of living with dementia. These include help sheets, brochures, books, videos and DVDs.

Our Library has the latest resources and can link you in with regular newsfeeds on new resources and research updates.

COMMUNITY AWARENESS
We conduct a range of activities to promote awareness of dementia and healthy ageing, including the Your Brain Matters program— a guide to healthy hearts and minds.

The AlzNSW Memory Van is a mobile education resource that travels into local communities providing information about dementia.

To book a community awareness talk, please contact the Helpline.

THE SAFELY HOME PROGRAM
A joint program between AlzNSW and NSW Police, Safely Home aims to help the safe return of a person who has wandered from their home, giving peace of mind to families. A personalised bracelet is linked to the confidential NSW Police Safely Home Information System.