

# Diagnosed with dementia?

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Support is available



Being diagnosed with dementia can be upsetting; however, for some people who have been worried about themselves for some time, the diagnosis can come as a relief.

Often people find it easier to manage a diagnosis if they can understand the disease and its implications. This knowledge can also assist in beginning to plan for the future.

## Dementia Australia

**Dementia Australia** provides a range of specialist services to support people with all types of dementia and their families throughout the course of the illness.

☎ 1800 100 500    ➔ [dementia.org.au](https://dementia.org.au)

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## Finding Services

**Murrumbidgee Primary Health Network** has developed a directory of local services for people living with dementia including counselling services for support following a diagnosis, activity groups, support groups and legal services.

➔ [mphn.org.au/dementia](https://mphn.org.au/dementia)

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## Accessing Support

**My Aged Care** is your starting point for accessing Australian Government-funded aged care services.

They provide the information and support you need to understand, access and navigate the aged care system. You can access My Aged Care online, on the phone or in person.

☎ 1800 200 422    ➔ [myagedcare.gov.au](https://myagedcare.gov.au)

📍 Visit a Services Australia service centre.  
Locations can be found at  
[findus.servicesaustralia.gov.au](https://findus.servicesaustralia.gov.au)

An Aged Care Specialist Officer (ACSO) is part of My Aged Care face-to-face services. They can help you in more detail with your aged care matters.

☎ You can book a free face-to-face appointment with an ACSO by calling 1800 227 475.

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## Support for Carers

**Carer Gateway** provides in-person, phone and online services and support to Australia's 2.65 million unpaid carers. Carer Gateway has many services that can help you with any daily challenges, emotional and financial stresses that you may experience in your role as a carer.

☎ 1800 422 737    ➔ [carergateway.gov.au](https://carergateway.gov.au)

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