

Symptoms may include: *loss of memory; *difficulty in finding the right words or understanding what people are saying; *difficulty in performing previously routine tasks; *personality and mood changes.

Australia: Dementia cause of death: 1st largest cause for women; 3rd largest cause for men; 2nd largest cause of death.

Dementia Journey: People with dementia can live active and positive lifestyles in the early stages.

Full-time care is needed eventually. Family carers and staff become their support at home or in a facility.

Diagnosis by a GP and/or referral to specialists like geriatricians, psychiatrist or neurologist.

Legal and financial matters need to be organised early before mental capacity is lost.

Telephone Contacts related to Dementia and Caring

Phone organisations for confirmation, ask for call back, or ask information to be posted.

Compiled 16.2.2021 by Lorrae & Vince O'Rourke. For changes: carersoutlook@gmail.com or 0418 298 183

Alzheimer's Qld 1800 639 331 1800 1800 23 (Ed training)	24 hr advice line. Fact sheets, Library, Telephone Support Group, Respite centres and residential care facilities (Bris+), in-home care packages, Carer Support Groups, Education & Training.
Dementia Australia 1800 100 500	Helpline. M-F 9am –5pm. Fact sheets, Ed & training. Library. Young Onset key worker. Phone counselling.
Dementia Support Australia 1800 699 799	24 hr help line. Dem Behaviour Management Advisory Service. Severe Behav Response Teams Partnership led by Hammond Care.
Ozcare Dementia Services 5413 8460; 1800 692 273	Dementia Advisory service. Family carer and person with dementia focus. Face-to-face, in-home visits.
Carers Outlook, SC Dementia Network 0418 298 183	Respite for Family Carers, sometimes with caree. (Up to 1 week) Dementia education and caring role. Dementia Retreats.
Qld Brain Institute 3346 6300	Research, presentations, newsletter, Uni of Qld.
Dementia Training Australia 4221 5555	Dem training, research and resources. Assoc with QUT and other universities.
Wicking Dem Research & Ed Centre 1300 363 864	Education free on-line courses and research. Courses in understanding dementia.
Gracefully Ageing 0409 526 982	Education, Alive Dementia, Communication, Compassionate Care, Age-u-cate, Ageless Grace.
Churches of Christ Care 5436 4130	Education Dementia Experience, In-home care, residential facilities.
LifeTec 1300 543 383	Dementia assistive technology & equipment. Education & Training.
CarFreeMe 3365 6392	Driving and driving cessation research and talks. School of Psychology, The University of Queensland.
The Thompson Institute USC 5430 1191	SC research including dementia risk assessment - lifestyle interventions that reduce dementia risk. 50 to 85 years.
Diversicare: Culturally diverse 5491 9655	Culturally and linguistically diverse support, in-home care support, education, training.
NPS MedicineWise 1300 633 424	Medicine Line M-F 9-5. Information on prescription, over-the-counter and complementary medicines.
Continece Foundation Aust 1800 33 00 66	Helpline M-F 8am-8pm. Bladder and bowel health information (incontinence/constipation), resources, referrals.
Palliative Care Qld 3511 1539	Information on end-of -life, SC hospice and palliative care settings
My Aged Care 1800 200 422	Information and services for <u>65 years and over.</u> Regional Assessment Service (RAS); Aged Care Assessment Team
NDIS Sunshine Coast Carers Qld 1800 800 110	Support for people <u>65 yrs and under</u> diagnosed with dementia. Bris Advocacy family carers QCAT and EPA legal issues
Centrelink 1800 777 653	Carer Payments, Carer Allowance etc Social Worker, Financial Information Service.
Carer Gateway / Wellways 1800 422 737	Carer information, counselling, peer coaching, respite information. Free registration.

Carers Queensland 1800 242 636	Education, Registered Training Organisation, advocacy, NILS loan. NDIS, National Disability Insurance Scheme.
Garden Financial Services 5437 2744	Aged Care Accountant: supports person with dementia and carer with finances re: entitlements, aged care accommodation and referrals.
Aged Care Seeker 0420 302 539	Finds respite & permanent placement for people with dementia; transport to appointments, (as an RN reports with staff/family carer).
Sunshine Coast Council 5475 7272 or 1300 007 272	ART for people with dementia. Parks, Gardens (Maroochy Botanical Gardens), pools, Community Gardens; libraries-dem & pictorial books, relaxation DVDs, recreation programmes.
Bromilow Dem 5445 5676	In-home care programmes dementia "warriors". Equipment.
Suncare 1800 786 227	Short - Term Restorative may be helpful for depleted family carers.
Buderim Dem Alliance 0405 498 113	Promoting awareness and dementia friendly programmes in Buderim region.
Noosa Dem Alliance 5449 8799	Promoting awareness and dementia friendly programmes in Noosa region.
Carinity Home Care 0490 441 184	Support Groups (Bribie & Caboolture) for people with dementia and carer, in-home care packages, help to work through My Aged Care.
Gympie Dementia Support Group 5482 2767; 5482 1900	Held at Cooina Aged Care Centre, 2 Cooina St. 2 nd Tues of month. Call to register.
DPS Aged Care Guide 1300 186 688	Printed directory of services. Website residential care vacancies.
IAgeWell 3041 1355	IAgeWell Expo; Lifestyle 55+ Magazine/Directory
Legal, Advocacy, Counselling:	Family carer counselling: Wellways Sunshine Coast 0435 114 942 Lifeline: 13 11 14; Standby Support after Suicide 0429 147 491
Aged & Disability Advocacy Aust 1800 818 338	Independent peak Aust advocacy for Commonwealth funded aged and disability care programmes, education and training.
Suncoast Community Legal 5443 7827	Support in legal issues including Enduring Power of Attorney, wills.
Public Trustee 1300 360 044	Advice on Enduring Powers of Attorney, Making Wills, Deceased Estates, Trusts, Guardianship etc.
Relationships Aust Qld 1300 063 232	Counselling, advice in relationships, elder abuse, financial and legal matters.
University of Sunshine Coast 0458 811 220	Counselling and Wellbeing clinic. Free. C-Square Tower, Nambour. Call for appointments. Phone counselling as well.
Respite Services: See My Aged Care or DPS Aged Care Guide. CRISIS: Carer Gateway	In-home respite, day respite, overnight or longer stay (cottage or residential care facility) Emergency: Carer Gateway. Planned respite. Not usually dementia specific.
Suncare Maroochydore 5443 7655; 1800 786 227	In home; day respite 2-8 George St, Maroochydore.; cottage, Boronia Cottage, Bribie Island
Noosa Community Support 5329 6175	In home; day respite. Carer Support Group. 11 Wallace Dr., Noosaville.
Range Care: Blackall Range 5445 7044	In home; day centre (overnight stays). 362 Flaxton Dr., Flaxton.
Range Care: Nambour & District 5441 4441	In home; day centre. Client family carer Support Group & outings.
Blue Care 1300 258 322; 1800 838 929	Dickey Beach (overnight stays), Coolum, Gympie Support Groups for family carers.
Centacare 1300 236 822	In home; day centre. Jessie Witham Memorial Centre, Gympie.
Glasshouse Country Care 5494 6948	In home; day centre. 352 Peachester Rd., Beerwah.
Anglicare Southern Qld 1300 610 610	In home. Day respite programmes. 174 Currie St., Nambour.
Adapt Lifestyle Support 0451 180 905	Specialist in Young Onset dementia. Adapt Lifestyle Lodge for 1-1 respite accommodation 1- 14 nights. NDIS provider.