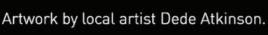


Worried About Your Memory? Help & Support is Available

Njernda Aboriginal Corporation









# Worried About Your Memory? Help & Support is Available

## Getting a diagnosis

Only a doctor can diagnose Dementia.

Contact your local doctor.

Njernda Medical Clinic is open 8.30am - 4.30pm Monday - Friday ph: (03) 5480 6252

#### **Understanding Dementia**

Learn more about Dementia from Njernda staff or by contacting: Dementia Helpline ph: 1800 100 500

#### Planning for the future

Plan ahead for your future legal, health and financial decisions by speaking with:

Office of the Public Advocate ph: 1300 309 337

#### Carers need a break too

Carers can get wellbeing support at Njernda by calling the Njernda staff ph: (03) 5480 6252

Support groups are available through Carers Support ph: (03) 5482 0808 Family can be the best support for people with Dementia and their carers.

Dementia Australia ph: 1800 100 500 can provide one to one support to carers.

### Support at home

Home and community care staff at Njernda can assist you to get in contact with My Aged Care ph: 1800 200 422.

They can also contact other local support organisations.

#### Communication

Get support with managing challenging behaviour and communication by calling Dementia Behaviour Management Advisory Service (DBMAS) ph: 1800 699 799

