



Worried About Your Memory? Help & Support is Available

Njernda Aboriginal Corporation

Artwork by local artist Dede Atkinson.



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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**

