

Blue Mountains Live Well with Dementia



Do you have dementia? Does someone you know have dementia?

The FREE services listed below can provide support to those living with dementia, their carers, loved ones, and friends.

National or state-based support

Service	What support is available	Contact	Website
Carer Gateway	Emotional and practical services and support for carers.	1800 422 737	www.CarerGateway.gov.au
Carers NSW	Provides carers with support, information, education and training, resources and referrals.	(02) 9280 4744	www.CarersNSW.org.au
Dementia Australia Helpline	A free telephone service that provides information and advice for people living with dementia, family and carers of those living with dementia, and those who work in health or aged care.	1800 100 500	www.Dementia.org.au
Dementia Support Australia	Support for carers who experience behaviour changes in their loved one.	1800 699 799	www.Dementia.com.au
My Aged Care	For carers and people living with dementia who may need support around the house or accessing appropriate aged care services. <i>Note: These services may incur a fee.</i>	1800 200 422	www.MyAgedCare.gov.au

Online local service directory

Service	What support is available	Contact	Website
My Health Connector	Free online dementia service directory for Nepean Blue Mountains region.		www.MyHealthConnector.com.au/dementia

Supports in Blue Mountains

Service	What support is available	Contact	Website
Anglicare	Support groups for carers and social groups for people living with dementia in various locations. Day and overnight respite are also available.	1300 111 278	www.Anglicare.org.au/services/dementia-care
Atkinson Turner Community Support	Can assist navigate NDIS and provide support for younger onset dementia. <i>Note: These services may incur a fee.</i>	0404 227 734	www.facebook.com/AtkinsonTurnerCommunitySupport
Belong Blue Mountains	A locally-based community and neighbourhood service organisation offering a support group for carers in Springwood.	(02) 4782 1117	www.BelongBM.org.au
Dcafé Katoomba	A social café providing an opportunity to meet new friends and create a supportive community network to share experiences.	0415 232 901	Katoomba RSL Lurline St, Katoomba 1st & 3rd Tuesday 11am
Dcafé Springwood	<i>Please ring to book in. Open to all residents from Blue Mountains and surrounding areas.</i>	0408 436 676	Orient Hotel Springwood 112 Macquarie Rd, Springwood 2nd & 4th Tuesday 10.30am