

Lithgow

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 Lithgow

Service	What support is available	Contact	Website
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
Lithgow Dementia Support	Support group for carers and people living with dementia.	0428 610 959	kashilton1@gmail.com
LINC Lithgow Information and Neighbourhood Centre	Day centre for older people. Priority is given to people with dementia and Alzheimer's disease.	(02) 6352 2077	LINC.org.au