

## Where can you go for help?

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|--|--------------|
| My Aged Care                                     | 1800 200 422 |
| Sydney Local Health District<br>Access Care Team | 1300 722 276 |
| National Dementia Helpline                       | 1800 100 500 |
| Carer Gateway                                    | 1800 422 737 |
| Dementia Support Australia                       | 1800 699 799 |
| Independent Living Centre Service                | 1300 885 866 |
| Lifeline (24hr Helpline)                         | 131 114      |
| Mental Health Line                               | 1800 011 511 |
| National Continence Helpline                     | 1800 330 066 |
| NSW Ageing and Disability<br>Abuse Helpline      | 1800 628 221 |
| Translation & Interpreting Service               | 131 450      |
| Seniors Rights Service                           | 1800 424 079 |

**Supported by the Dementia Friendly Communities Program of  
Dementia Australia**

Organised by Community and Cultural Connections Inc, Inner West Council, Inner West Sector Support Development Officer, Sydney Local Health District, City of Canterbury Bankstown Council & Inner West Multicultural Access Project

# INNER WEST DEMENTIA REFERRAL BROCHURE



MULTICULTURAL  
**DEMENTIA CAMPAIGN**  
PROJECT

## Are you worried about your memory?

- Tell your doctor about your symptoms. It is important to talk about all your concerns or help your family member/friend to tell their doctor about their symptoms.
- Your doctor may refer you to a Geriatrician (Specialist doctor who cares for older people or people with age related illnesses).
- If your doctor doesn't refer you to a Geriatrician, and you are still worried, you can see another doctor and ask for a referral to a Geriatrician, or contact the **ACCESS CARE TEAM** on 1300 722 276.
- The Access Care Team can give you information about other services that can help you.

If you are worried or caring for a family member or a friend you can help them talk to their doctor about their concerns. If they have been told that they have dementia, you can assist them to contact **MY AGED CARE**.

## Visit the Geriatrician

- The Geriatrician will talk to you about your symptoms, diagnosis, treatment and support options.
- The Geriatrician will also assist if you are caring for a family member or a friend with dementia.
- If your doctor or Geriatrician has told you that you have dementia, you can contact My Aged Care to organise support services. For other helpful phone numbers for dementia support services – see back of brochure.

## Do you need help at home?

- My Aged Care is an Australian Government telephone line and website that will give you information and refer you to services that can help you (for example showering and cleaning).



Contact My Aged Care

**1800 200 422**

[www.myagedcare.gov.au](http://www.myagedcare.gov.au)

**Monday - Friday 8am -8pm**

**Saturday 10am - 2pm**

- Staff will speak to you in your own language and organise for someone to visit you and talk to you about what you need.

You can organise an interpreter through the **Translating and Interpreting Service (TIS)** on Ph: 131 450

or

My Aged Care can organise an interpreter when you telephone them.