

A photograph of two women standing outdoors. The woman on the left has long blonde hair and is wearing a green top. The woman on the right has short brown hair, is wearing a light blue sweater and a blue scarf, and has her hands clasped. They are both looking at each other and smiling. A dark purple curved shape is overlaid on the left side of the image, containing the title and subtitle.

Dementia

Information and resources for individuals living with Dementia, their families and carers.

What is dementia?

Dementia is the term used to describe the symptoms of a large group of illnesses which cause a progressive decline in a person's functioning. Dementia can affect thinking, memory and behaviour. Dementia can interfere with someone's normal social or working life.

Who gets dementia and are there any treatments?

Dementia can happen to anyone but is more common in those over the age of 65. Three in 10 people over the age of 85 have dementia and almost one in 10 people over 65 have dementia. At present, there is no cure for most forms of dementia. However, medications and treatments are available to relieve some of the symptoms for some people.

Signs and symptoms of dementia

Early signs of dementia can be subtle and may not be immediately obvious.

Common symptoms of dementia include:

- Difficulty remembering, particularly recent events
- Making decisions
- Expressing your thoughts
- Understanding what others are saying
- Finding your way around
- Performing more complex tasks
- Managing finances

What can I do?

It is essential to talk to your doctor if you are concerned you may have some of the symptoms of dementia. You may wish to take a family member or friend with you as support. Early diagnosis means early access to support, information and if available, medication.

If you are caring for someone with dementia

Caring for your loved one who has dementia can be rewarding but can also have its tough days. It is important to look after yourself, so you can stay well and continue providing care.

Carers can access a wide range of services, from counselling and peer support groups, to respite care and home help.

More information and support

Dementia Australia

Dementia Australia is the national peak body for people impacted by dementia in Australia. They offer support, information, education, and counselling to those affected by dementia.

Dementia Australia offer support to:

- people living with all forms of dementia
- families and friends of people living with dementia
- health care professionals and workers supporting people with dementia

Dementia Australia also provides help and resources for people from different cultural and linguistic backgrounds and Aboriginal and Torres Strait Islander communities.

For more information, contact the Dementia Australia Free National Hotline on

1800 100 500 or visit www.dementia.org.au

Carer Gateway

An Australian Government program providing free services and support for carers.

1800 422 737 or visit www.carergateway.gov.au

My Aged Care

Provides the information and support you need to understand, access, and navigate the aged care system.

1800 200 422 or visit www.myagedcare.gov.au

For additional resources and information about the services available to you, please scan the QR code:



admin@wnswphn.org.au
First Floor, 187 Brisbane Street
PO Box 890
DUBBO NSW 2830
1300 699 167

www.wnswphn.org.au



phn
WESTERN NSW

An Australian Government Initiative

While the Australian Government contributed funding for this material, it has not reviewed the content and is not responsible for any injury, loss or damage however arising from the use of or reliance on the information provided herein.