



# About The Dementia Guide

The Dementia Guide is for anyone who has been impacted by any form of dementia. The information in this guide is divided into sections. Each section relates to a particular stage of your dementia journey.

It is important to remember that everyone living with dementia is unique. The content in this guide is general in nature and we recommend you seek professional advice in relation to any specific concerns or issues you may have.

While we strive to keep content accurate and up-to-date, information can change over time. For updates, please visit [dementia.org.au](https://dementia.org.au) or call the **National Dementia Helpline** on **1800 100 500**.

Web: [dementia.org.au/the-dementia-guide](https://dementia.org.au/the-dementia-guide)

# About Dementia Australia

Dementia Australia is the source of trusted information, education and services for the estimated half a million Australians living with dementia, and the almost 1.6 million people involved in their care. We advocate for positive change and support vital research. We are here to support people impacted by dementia, and to enable them to live as well as possible.

Founded by carers more than 35 years ago, today we are the national peak body for people living with dementia, their families and carers. We involve people impacted by dementia and their experiences in our activities and decision-making, to make sure we are representative of the diverse range of dementia experiences. We amplify the voices of people impacted by dementia through advocating and sharing stories to help inform and inspire others.

**No matter how you are impacted by dementia or who you are, we are here for you.**

# Acknowledgements

**The Dementia Guide** is produced thanks to the advice and support of:

- health, social and aged care professionals
- representatives from appropriate peak bodies
- government representatives
- people living with dementia, their families and carers
- the Dementia Australia Advisory Committee. The group was founded in 2013. Committee members come from a wide range of professional backgrounds and use their skills, lived experience and connections as community leaders to represent people living with dementia.

This guide can be downloaded from [dementia.org.au/the-dementia-guide](https://dementia.org.au/the-dementia-guide)

Printed copies are available on request.

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# About this guide

This guide is for anyone who has been impacted by any form of dementia. The information in this guide is divided into sections. Each section relates to a particular stage of your dementia journey.

If you are living with dementia, **The Dementia Guide** will help you understand more about dementia and the treatments, support and services available. It includes information about living well with dementia and making plans for the future.

If you are a family member or friend of a person with dementia, this guide will help you to understand more about dementia. It describes ways you can support a person with dementia to live well, and what support and information is available for carers.

You will find additional resources listed throughout this guide. There is also a checklist on page 145 to help you live well now and plan for the future. Keep this guide handy so you can refer to it when you need.



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