

# Connecting Peers

If you are impacted by dementia and want to talk with someone who understands, Dementia Australia has a program to support you.

Our Connecting Peers program is open to anyone living with dementia or caring for someone who is. All you need is a phone or internet connectivity.

This one-to-one program connects you with someone who has a similar experience to yours. Each person living with dementia will be matched with another person living with dementia. Each carer will be matched to another carer.

This free program is designed to:

- help you feel understood
- share ideas that have helped others
- share stories of hope
- build social connections.

Participants can have up to six calls within six months with their Peer Leader (via phone or videoconference).

To join the program and be connected to someone who knows what it's like, please call the **National Dementia Helpline** on **1800 100 500** or email **helpline@dementia.org.au**.

If you have personal experience of dementia and would like to volunteer your support to others as a Peer Leader, please email **peer.support@dementia.org.au**.

National Dementia Helpline **1800 100 500**

Find us online **dementia.org.au**



For language assistance  
call **131 450**