

Post-diagnostic support

Dementia Australia offers free support for people of all ages diagnosed with dementia, or people assessed with mild cognitive impairment. These sessions are designed to help you manage your diagnosis and live well.

A skilled Dementia Australia staff member will be your single point of contact over six sessions. They will work with you to understand your specific situation and provide information and support based on what is most important to you.

Post-diagnostic support is also available to family and carers.

Support following your diagnosis can help you:

- increase your understanding of dementia
- plan support services and networks
- develop personal and lifestyle strategies to help you live well
- prepare and plan for any changes.

We can also help you access Dementia Australia programs and other services available to you, including My Aged Care and the National Disability Insurance Scheme.

You can complete the sessions over six weeks or within 12 months, depending on what suits you. We offer sessions through Australia, via phone or video conference.

How to access post-diagnostic support

To find out more contact our **National Dementia Helpline** on free call **1800 100 500** or complete our online service enquiry/referral request form: **dementia.org.au/support/service-enquiry**

National Dementia Helpline **1800 100 500**

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



For language assistance
call **131 450**