

Dementia support

Alzheimer's Australia – National Dementia Helpline

- Information about dementia and memory loss
- Information about government support services and local services
- Emotional support
- Phone, online chat or email support
- Phone **1800 100 500** (Monday to Friday, 9.00am to 5.00pm) | Visit dementia.org.au

Dementia assessment and support services

Upper Hunter Dementia Advisory Service

- Assessment and management
- Information, education and support
- Links people to local services
- Phone **6542 2707**

Dementia behaviour management support services

Dementia Behaviour Management Advisory Service (DBMAS)

- A service for people with dementia and their carers where behaviour impacts on care and quality of life
- Helpline (24 hours, 7 days a week)
- Phone **1800 699 700**
- The service can also provide assessment, care planning and case management

Carer support

Carer Gateway

- National online and phone service providing practical information and resources to support carers
- Phone **1800 422 737** (Monday to Friday, 8am to 6pm) | Visit carergateway.gov.au
- The website is available in a number of languages: carergateway.gov.au