

ASKING FOR AND ACCEPTING HELP

“When my husband developed dementia, my world turned upside down. It changed his behaviour, language, and memory. I feel guilty and uneasy asking others to help me care for him.”



Life changes for family carers and it can take time to learn about dementia and organise support services. Carer support groups, in-home care, and respite care are available. There is no shame in asking for and accepting help. You decide on the type of help to suit your circumstances.

Talk to your doctor and contact:

Translating and Interpreting Service (TIS)
(24 hours, every day of the year)

Immediate Phone Interpreting **131 450**
www.tisnational.gov.au

My Aged Care **1800 200 422** www.myagedcare.gov.au
Dementia Australia, National Dementia Helpline **1800 100 500**
www.dementia.org.au

Carer Gateway **1800 422 737** www.carergateway.gov.au
Advance Care Planning Australia **1300 208 582**
www.advancecareplanning.org.au

