

TAKING CARE OF YOURSELF

“Dad lives alone and I care for him now he has dementia. Everyone tells me I am a superhero and doing a great job. I mostly feel tired and guilty. I worry something might happen to him when I am not there.”



Your relationship with your loved one is better when you also take care of yourself. Arranging the help you need can take some time but carer support groups, in-home and respite care services, and information about advance care plan options are available.

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