



PLANNING FOR THE JOURNEY AHEAD



“As mum’s dementia progressed, it became increasingly difficult to care for her at home...even with in-home support. We felt upset and ashamed. It was hard to know what the right plan was for mum's future care.”

Planning for the journey ahead can help make difficult decisions a bit easier. Support services and information about advance care planning are available for carers, their loved ones living with dementia and their families to consider.

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

