

# Lithgow

# Live Well with Dementia



**Do you have dementia? Does someone you know have dementia?**

**The services listed below can provide support to those living with dementia, their carers, loved ones, and friends.**

## National or state-based support FREE

Service	What support is available	Contact	Website
<b>Carer Gateway</b>	Emotional and practical services and support for carers.	1800 422 737	<a href="http://www.CarerGateway.gov.au">www.CarerGateway.gov.au</a>
<b>Carers NSW</b>	Provides carers with support, information, education and training, resources and referrals.	(02) 9280 4744	<a href="http://www.CarersNSW.org.au">www.CarersNSW.org.au</a>
<b>Dementia Australia Helpline</b>	A free telephone service that provides information and advice for people living with dementia, family and carers of those living with dementia, and those who work in health or aged care.	1800 100 500	<a href="http://www.Dementia.org.au">www.Dementia.org.au</a>
<b>Dementia Support Australia</b>	Support for carers who experience behaviour changes in their loved one.	1800 699 799	<a href="http://www.Dementia.com.au">www.Dementia.com.au</a>
<b>My Aged Care</b>	For carers and people living with dementia who may need support around the house or accessing appropriate aged care services. <i>Note: These services may incur a fee.</i>	1800 200 422	<a href="http://www.MyAgedCare.gov.au">www.MyAgedCare.gov.au</a>

## Online local service directory FREE

Service	What support is available	Website
<b>My Health Connector</b>	Free online dementia service directory for Nepean Blue Mountains region.	<a href="http://www.MyHealthConnector.com.au/dementia">www.MyHealthConnector.com.au/dementia</a>

## Supports in Lithgow

Service	What support is available	Contact	Website
<b>Alzheimer's Communication Care Partner</b>	Offers guidance, advice, information and education to support those living with dementia and their care warrior. <i>Note: These services may incur a fee.</i>	0414 265 203	<a href="https://www.facebook.com/DementiaCarePartner">www.facebook.com/DementiaCarePartner</a>
<b>Atkinson Turner Community Support</b>	Can assist navigate NDIS and provide support for younger onset dementia. <i>Note: These services may incur a fee.</i>	0404 227 734	<a href="https://www.facebook.com/AtkinsonTurnerCommunitySupport">www.facebook.com/AtkinsonTurnerCommunitySupport</a>
<b>Lithgow Dementia Support</b>	Support group for carers and people living with dementia.	0428 610 959	<a href="mailto:kashilton1@gmail.com">kashilton1@gmail.com</a>