

Ask your doctor for more resources

## Helplines

### Dementia Australia

Free call 1800 100 500  
24 hours a day, 7 days a week

### Dementia Support Australia

Free call 1800 699 799  
24 hours a day, 7 days a week

### Alzheimer's Queensland

Free call 1800 639 331  
24 hours a day, 7 days a week

### My Aged Care

Call 1800 200 422  
[www.myagedcare.gov.au](http://www.myagedcare.gov.au)

### NDIS

Call 1800 800 100  
[www.ndis.gov.au](http://www.ndis.gov.au) /applying-access-ndis  
/am-i-eligible

# Dementia

Resources and support to help  
you live well, available on the  
Gold Coast



Gold Coast Primary Health Network  
P 07 5635 2455  
E [info@gcphn.com.au](mailto:info@gcphn.com.au)  
W [www.gcphn.org.au](http://www.gcphn.org.au)

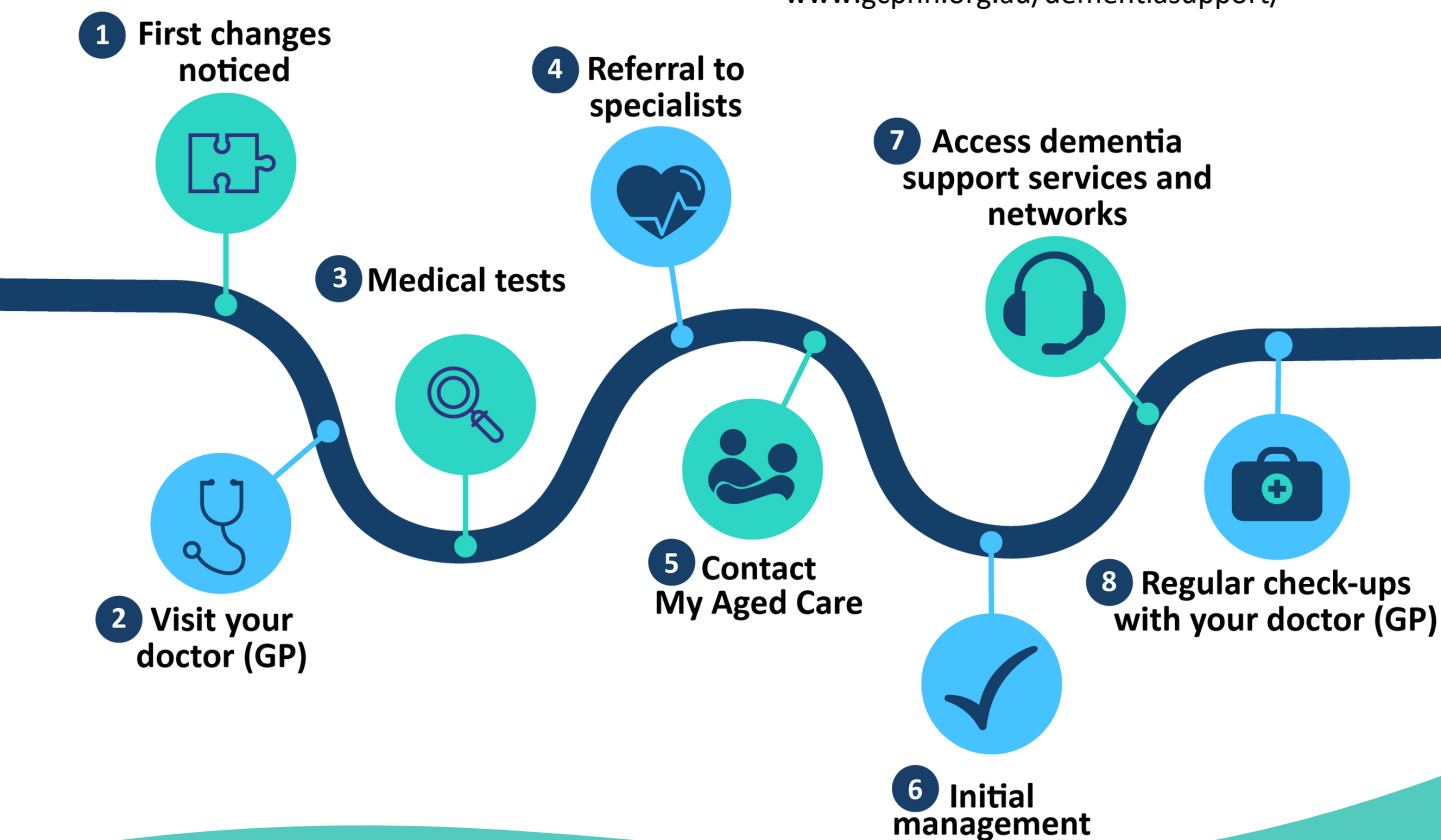
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GOLD COAST

An Australian Government Initiative

It's easy to feel overwhelmed when you, or someone close to you, is diagnosed with dementia. You may experience uncertainty and may not be aware of the support available to help you live well.

Your local doctor (GP) can help you understand what may happen next, and how to find the information and help that you, your family, or your friends might need.

## The Dementia Journey



## Services on the Gold Coast to support you:

Including:

- Help at home
- Allied health
- Carer support
- Respite care
- Specialist care
- Pre and post diagnosis services
- Mental health & wellbeing



Visit online at:

[www.gcphn.org.au/dementiasupport/](http://www.gcphn.org.au/dementiasupport/)