Worried About Your Memory?
Help & Support is Available

Njernda Aboriginal Corporation
Artwork by local artist Dede Atkinson.
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Getting a diagnosis
Only a doctor can diagnose Dementia.
Contact your local doctor.
**Njernda Medical Clinic is open**
8.30am - 4.30pm Monday - Friday
ph: (03) 5480 6252

Understanding Dementia
Learn more about Dementia from Njernda staff or by contacting:
**Dementia Helpline ph: 1800 100 500**

Planning for the future
Plan ahead for your future legal, health and financial decisions by speaking with:
**Office of the Public Advocate**
ph: 1300 309 337

Carers need a break too
Carers can get wellbeing support at Njernda by calling the Njernda staff ph: (03) 5480 6252
Support groups are available through Carers Support ph: (03) 5482 0808
Family can be the best support for people with Dementia and their carers.
**Dementia Australia ph: 1800 100 500** can provide one to one support to carers.

Support at home
Home and community care staff at Njernda can assist you to get in contact with **My Aged Care**
ph: 1800 200 422.
They can also contact other local support organisations.

Communication
Get support with managing challenging behaviour and communication by calling **Dementia Behaviour Management Advisory Service (DBMAS)**
ph: 1800 699 799

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