

## Only a doctor can diagnose dementia



## Where can I go for help?

- a doctor, nurse or health care worker
- your case worker if you have one
- Dementia Australia
- National Dementia Helpline  
1800 100 500

## Contact us

National Dementia Helpline  
**1800 100 500**



Interpreter

For language assistance  
call **131 450**

[dementia.org.au](http://dementia.org.au)



*Njernda - To know our living culture*  
Njernda Aboriginal Corporation

The Aboriginal community  
can access dementia  
services in the Campaspe  
region through Njernda on  
**03 5480 6252**

Dementia Australia is the charity for people  
living with dementia, their families and carers.  
As the peak body it provides information,  
support services, education and advocacy.



# Memory changes



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Early signs of dementia are subtle and may not be obvious. They may include the following:

Memory loss that affects daily life



Difficulty performing familiar tasks



Confusion about time and place



Problems with language



Problems with abstract thinking



Poor or decreased judgement



Problems misplacing things



Changes in personal behaviour

