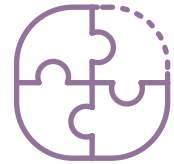


STAGE

1

Noticing changes in memory, thinking or behaviour



I've noticed that I, or someone I know, has been experiencing:






- memory problems (such as forgetting recent events)
- confusion
- a change in personality
- disinterest and withdrawal
- difficulty doing everyday tasks (such as cooking and dressing)

I'm wondering if these changes may be early signs of dementia.




A. Where can I seek information, support, and advice?

Who can help me?	What do I need to do?	Done
General practitioner (GP)		
<ul style="list-style-type: none"> • Changes in memory and thinking can have a number of possible causes and may not necessarily be related to dementia. • To discuss if your symptoms may be related to dementia, see a GP. 	<ul style="list-style-type: none"> • Ask for a longer appointment. • Take a family member or friend with you. • Take a list of the changes you have been experiencing, including when they first started, and how often they occur. • Take a list of current medications and dosage. • Ask the doctor to do a memory screening test and thorough medical assessment. • If you are not satisfied with the conversation with the GP, you can get a second opinion, speak to one of the other service providers below, or refer yourself to the Bendigo Health Memory Clinic (<i>see Stage 2 for their contact details</i>). 	

Who can help me?	What do I need to do?	Done
Dementia Australia		
<p>They can provide information, support, and advice on where to go and what to do.</p>	<p>Contact: 1800 100 500 <i>(24 hours a day, 7 days a week, 365 days a year)</i></p>	
	<p>Visit in person: 1/10-16 Forest St, Bendigo <i>(restricted hours)</i></p>	
	<p>Visit online: dementia.org.au</p>	
<p>They have a website with a range of information, resources, and help sheets, including a webpage with information if you are worried about your memory.</p>	<p>dementia.org.au/resources/help-sheets <i>(Help sheets are available in multiple languages)</i></p>	
	<p>dementia.org.au/resources/worried-about-your-memory</p>	
<p>They also have a mobile application called 'BrainTrack' that you can use to check your brain health. It gives you information you can share with your GP.</p>	<p>dementia.org.au/braintrack-app</p>	
Bendigo Health Regional Community Dementia Service		
<p>They can provide advice, support, education and guidance about initial memory or cognitive changes.</p> <p><i>*If you have a Home Care Package through My Aged Care, speak to your case manager before contacting this service.</i></p>	<p>Contact: 03 5454 8078 <i>(Community Nursing Services)</i></p>	
	<p>Visit online: bendigohealth.org.au/services/detail/3249</p>	



Who can help me?	What do I need to do?	Done
Carer Gateway (who will refer you to Bendigo Health Carer Support Services)		
<p>This is a free service for carers, which includes:</p> <ul style="list-style-type: none"> • Access to information and support • Referral to services • Someone to talk things over with 	<p>To register: Register with Carer Gateway and then they will refer you to Bendigo Health Carer Support Services:</p> <ul style="list-style-type: none"> • Contact: 1800 422 737 <i>(listen and respond to the phone instructions leaving your name and phone number. They will call you back).</i> • Visit online: carergateway.gov.au <i>(request a call back)</i> 	
	<p>If you are already registered: Contact Bendigo Health Carer Support Services directly:</p> <ul style="list-style-type: none"> • Contact: 03 5454 7719 • Visit online: bendigohealth.org.au/CarerSupportService 	