

STAGE

5


Supports and services in the later stages of dementia




The person I am caring for is now in the later stages of dementia.

A. What practical support is available?




At home or in an aged care home:

Who can help me?	What do I need to do?	Done
General Practitioner (GP)		
<ul style="list-style-type: none"> A GP can set you up with supports and services to help make the caring role a bit easier. 	<ul style="list-style-type: none"> Ask about information, supports and services. 	
Dementia Support Australia		
Dementia Support Australia are a free service and can provide: <ul style="list-style-type: none"> 24/7 practical advice, recommendations and ongoing support to carers and residential aged care staff. 	<p>Contact: 1800 699 799 (24hr help, 365 days a year)</p> <p>Visit online: dementia.com.au</p>	

At home only:




Who can help me?	What do I need to do?	Done
Bendigo Health Regional Community Dementia Service		
<p>The community dementia service can assist with:</p> <ul style="list-style-type: none"> • Dementia assessments (<i>nursing</i>) • Case reviews • Problem solving • General advice • Provision of resources <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> <hr/> <p>Visit online: bendigohealth.org.au/services/detail/3249</p> <div style="text-align: right;">  </div>	
Additional services to help at home		
<p>Find out if you are eligible for additional services through your Home Care Package</p>	<ul style="list-style-type: none"> • Contact your case manager or Home Care Package provider to advise that your needs have increased. 	



Who can help me?	What do I need to do?	Done
Residential respite care		
<ul style="list-style-type: none"> If care is not manageable at home or you need a break, arrange residential respite care. Residential respite care is when the person you are caring for stays in an aged care home and is cared for by the aged care home staff. It is available for a few days through to a few weeks at a time. To receive residential respite care, the person living with dementia will need to have completed an assessment with an Aged Care Assessment Team (ACAT) and been assessed as eligible. 	<p>If you are unsure if the person living with dementia is eligible, contact:</p> <p>My Aged Care:</p> <ul style="list-style-type: none"> Contact: 1800 200 422 <i>(Monday-Friday: 8am-8pm, Saturday: 10am-2pm)</i> Visit in person: To book a face-to-face appointment with an Aged Care Specialist Officer at the Bendigo Services Australia centre, phone 1800 227 475 or visit the centre in person at Cnr Lyttleton Terrace and St Andrews Avenue, Bendigo Visit online: myagedcare.gov.au <p>Apply for a place:</p> <ul style="list-style-type: none"> Arrange it yourself, by contacting the home directly (<i>you will need to provide the referral code from My Aged Care</i>). Or, for information and assistance with planning and booking residential respite care and emergency respite, contact your local Carer Support Service: <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> Or 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 Or visit online: bendigohealth.org.au/CarerSupportService 	<div style="text-align: center;">  </div> <div style="text-align: center; margin-top: 100px;">  </div> <div style="text-align: center; margin-top: 100px;">  </div>





B. Where can I go for further information or someone to talk to (at home or in an aged care home)?

Who can help me?	What do I need to do?	Done	
Dementia Australia			
They can provide: <ul style="list-style-type: none"> • A helpline • Resources and information • Dementia advice, education or counselling 	Contact: 1800 100 500 <i>(24 hours a day, 7 days a week, 365 days a year)</i>		
	Visit in person: 1/10-16 Forest St, Bendigo <i>(restricted hours)</i>		
	Visit online: dementia.org.au		
	dementia.org.au/resources/help-sheets <i>(Help sheets are available in multiple languages)</i>		
Palliative Care Victoria			
Palliative Care Victoria provides palliative and end-of-life care information and resources.	Contact: 03 9662 9644		
	Visit online: pallcarevic.asn.au		
CarerHelp			
CarerHelp is a website with information and resources for carers and family providing end-of-life care.	Visit online: carerhelp.com.au <i>(Online service only)</i>		
Carers Victoria			
Carers Victoria provide access to: <ul style="list-style-type: none"> • A telephone Carer Advisory Service • Carer counselling 	Contact: 1800 514 845		
	Visit online: carersvictoria.org.au		



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Who can help me?	What do I need to do?	Done
General Practitioner (GP)		
You can always speak to a GP about what you are going through. They can connect you with other supports and services if you need.	<ul style="list-style-type: none"> Contact directly. If you have a lot to discuss, book a longer appointment. 	
Local or online dementia support groups		
Contact Bendigo Health Carer Support Services or Dementia Australia to ask about local or online dementia support groups.	Bendigo Health Carer Support Services <ul style="list-style-type: none"> Contact: 03 5454 7719 Visit online: bendigohealth.org.au/CarerSupportService 	
	Dementia Australia <ul style="list-style-type: none"> Contact: 1800 100 500 (24 hours a day, 7 days a week, 365 days a year) Visit in person: 1/10-16 Forest St, Bendigo (restricted hours) 	
Woodend Lifestyle Carers Group		
This is a volunteer social and educational support group for carers and those they care for living with dementia.	Contact: 03 5420 7132	
	Visit online: woodendlifestylecarersgroup.org.au 	
Aged care home staff		
Speak to the staff at the aged care home for support, they can also refer you to other support services, like counselling, if you wish.	<ul style="list-style-type: none"> Approach the aged care home directly. 	