

# Services to support you



**By your side on  
your dementia  
journey**

**alzheimer's**wa  
the dementia experts

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



**Guided by the lived experience of our clients, Alzheimer's WA is Western Australia's most experienced dementia support organisation.**

At Alzheimer's WA we understand everyone is different. Every person's experience with dementia is different. That's why our services are tailored to help you through your dementia journey. We will support you to live your life the way you choose.

# Your first step to understanding dementia

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## Your services

Living with dementia can be a difficult experience for you and your family. We are here to help you understand what support is available and where to begin.

Our trained and experienced staff truly understand dementia and are here to:

- » Provide you with useful information about dementia
- » Help you to identify what support you need and link you with appropriate local support and services
- » Help you to navigate the complexities of accessing Government funded services.

## Resources

We have a full range of information booklets and help sheets that you can download from [alzheimerswa.org.au/helpsheets](https://alzheimerswa.org.au/helpsheets)

They include:

- » Adapting your home
- » Understanding dementia
- » Living with dementia
- » Caring for a person with dementia
- » Navigating dementia support
- » Communication and engagement
- » Understanding changes in behaviour.

## Who can contact us?

We are happy to speak to anyone concerned about their memory, if you have been diagnosed with dementia, or if you are family or friends of a person living with dementia.

We are available for support from 9.00am to 5.00pm, Monday to Friday on **1300 66 77 88**.

# Supporting you to understand dementia

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We have a number of programs and services you can access to support you as you adjust to your diagnosis of dementia.

## Dementia Advisory Service

Our Dementia Advisory Service takes a personalised and practical approach to support you and your family to understand your diagnosis and the changes that are occurring.

We can answer any questions you may have, help you to plan for the future and provide advice about dementia specialist services and supports that can help you as you adjust to life with dementia.

## Adjusting to Change Program

Receiving a diagnosis of dementia can be a difficult experience. Our Adjusting to Change program is ideal for people who have recently been diagnosed with dementia, and their support people.

This is an opportunity to receive information, education and support in small groups over a five week period. It also provides you with an opportunity to meet other people experiencing similar changes. This can be beneficial in terms of sharing tips and strategies and knowing you are not alone.

## Family and Friends Course

This one day course is suitable for people who know or care for a person living with dementia. The course will help you to understand dementia, what happens to a person when they develop dementia, and how to communicate with and support a person with dementia.



**Support can make a positive difference to how you adjust to your diagnosis of dementia. We are here to provide the help you need, when you need it.**

## **Carer support groups**

Carer support groups bring together and support carers of people living with dementia in the community. The groups provide carers with an opportunity to discuss the impact of dementia on their lives and the lives of their loved ones, and to give and receive information and support.

Carer support groups are:

- » An opportunity to meet others in a similar situation
- » A forum for sharing ideas and tips about caring for someone with dementia
- » A source of social and emotional support
- » An opportunity to build and maintain your support network.



# Supporting you to live well with dementia

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Alzheimer's WA provides a range of respite and social support services designed to give carers a break and provide you with meaningful engagement, therapeutic and fun activities, and social connections.

Our services are based on your needs. They have been developed with the latest research and models on how to best support a person living with dementia.

Our services are:

- » Designed with you for your needs
- » Flexible and provided at a time you need
- » Designed to help you build relationships with the same support workers each week
- » Available through subsidised Government funded programs, through your home care package or you can pay privately.

## Social support groups

Social support groups and clubs provide an engaging and fun opportunity for people living with dementia to socialise, remain active in the community, make friends and maintain relationships. An important aspect of the groups is that you have input into activities to ensure a sense of belonging and ownership.

Social support groups and clubs are available throughout the metropolitan area and in some regional centres. All of our groups are accompanied by Alzheimer's WA staff.

## Individual services

We can provide individual services in your home, or in the community, to support you to continue living independently and engaging in the activities of your choice. These services are flexible to meet your individual needs and can be adjusted to suit you as your needs and wishes change too. You can access individual in-home breaks, also known as respite, if your carer needs a break but you would prefer to stay in a familiar environment.

## Enabling Households™

Alzheimer's WA will work closely with you and your family to design the very best environment to enhance your wellbeing and maximise your abilities. Our Enabling Households™, known elsewhere as day centres, are available in:

- » Mary Chester House, Shenton Park
- » Ella's House, Mandurah
- » Hawthorn House, Albany

We welcome you to spend your day with us. While your carer has time to themselves, you will have an opportunity to enjoy time with friends. We have a range of activities available in our households, as well as the opportunity to go on outings.

## Men's Shed

Being a part of a Men's Shed brings opportunities to participate actively in a community with other people and make new friends. Sheds provide an opportunity for social interaction and enable you to continue doing the things you enjoy most.

## Overnight short stay breaks

We recognise that at times it is good, and necessary, to have a break. Our short stay breaks provide an opportunity for your carer to have some respite while you enjoy a few days in one of our houses.

This service is offered from Hawthorn House in Albany and Mary Chester House in Shenton Park, with two and three bedrooms respectively. Maintaining a smaller familiar homelike environment ensures that your individual needs are met while you stay with us.



## Therapy and health services

We understand that dementia impacts people differently so our services are tailored to help you adjust to the changes you are experiencing. We aim to support you in areas that you are experiencing difficulty with. We hope this will enable you to continue to live as independently as possible while engaging in the activities that you love.

The types of services you choose to access may change according to your needs, however it is beneficial to access these services as early as possible and to continue to utilise these services as your dementia progresses.

Our therapy and health services include:

### **Occupational therapy**

Providing you with practical strategies and appropriate equipment to support changes relating to your cognition, daily living tasks and behaviour patterns. We can also recommend appropriate home modification.

### **Social work**

Providing counselling services around the impact of dementia on you, your family and your relationships. Assistance with some legal documents to support and protect you, including: Enduring Powers of Attorney and Guardianship, Advance Care Plans and End of Life discussions.



# Younger onset dementia

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Receiving a diagnosis of dementia can be challenging at any age, however things can be considerably more complex for a younger person - particularly if you are still working, paying a mortgage or looking after a young family. Alzheimer's WA has a range of services that can support you if you are living with younger onset dementia. Our staff are experienced professionals who can provide you with the expert advice and support you need throughout your journey with dementia.

## Younger onset dementia and the NDIS

People who are under 65 and have a diagnosis of dementia broadly meet the eligibility criteria to access support through the National Disability Insurance Scheme (NDIS).

Alzheimer's WA has specialist staff who support people under 65 to understand the NDIS process and how you can access support. We are a NDIS registered provider, and can assist you to navigate the complexities of accessing Government funded services through Alzheimer's WA.

We can help you:

- » Achieve your goals and aspirations
- » Engage in your local community
- » Build and maintain relationships
- » Continue everyday activities
- » Engage in new activities
- » Plan for the future.



# Government assistance

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## Commonwealth Home Support Program

The Commonwealth Home Support Program is for people aged 65 years and over (50 years and over for Aboriginal and Torres Strait Islander people) who need some assistance with daily tasks to continue living at home, or to access their community. Register through My Aged Care.

## Home Care Packages

Home care packages are a government subsidy designed to support clients over 65 years of age in their own home. There are four levels of home care package available. Level 3 and 4 are often referred to as high level packages and are the most common for people living with dementia. You will need an ACAT assessment through My Aged Care.

## National Disability Insurance Scheme (NDIS)

NDIS is a government subsidy for people under 65 years of age with a permanent and significant disability. NDIS provides reasonable and necessary supports needed to live an ordinary life. Apply through NDIS.

**Call Alzheimer's WA on 1300 66 77 88 for help accessing government subsidies.**








# alzheimer'swa

the dementia experts

## CONTACT US

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