


# Services to support you



By your side on  
your dementia  
journey

**alzheimer's wa**  
the dementia care experts

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

1300 66 77 88



**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 that 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

## 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 and your family 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.

## Who can contact us?

We are happy to speak to you if you are concerned about your memory, if you have been diagnosed with dementia, or if you are the family or friend 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**.

## Resources

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

**They include:**

- » Adapting your home
- » Understanding dementia
- » Living with dementia
- » Caring for a person living with dementia
- » Navigating dementia support
- » Communication and engagement
- » Understanding changes in behaviour
- » NDIS funded services for younger onset dementia under 65 years of age.

# Supporting you to understand dementia

We have a number of programs and services you can access to support you throughout your dementia journey.

## 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 change.

## 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, including younger onset 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 living 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 is a program that brings together carers of people living with dementia in the community. Support groups provide carers with an opportunity to discuss the impact of dementia on their lives and the lives of their loved ones. The program gives carers an opportunity to ask questions, learn and receive information and support.

**Carer support groups provide:**

- » An opportunity to meet other carers supporting a loved one living with dementia
- » A forum for sharing ideas and tips about caring for someone living 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

Alzheimer's WA will provide you with a range of services to help you engage in activities of your choice, be independent and increase your social connections.

Our services are based on your needs. They have been developed with the latest research and models of 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
- » Available through subsidised Government funded programs, through your home care package or privately (fee for service).

## Social support groups

Social support groups in a day centre or in the community 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 the activities to ensure a sense of belonging and ownership.

Social support groups are available throughout the metropolitan area and in some regional centres. Our day centres, also known as our houses, are:

- » 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 for 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.

## **In-home respite**

Our in-home respite care services will provide you with overnight support in your own home environment.

This will give the carer an opportunity to have a rest or go on a holiday.

## **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.

For example, support at home with meals preparation, personal care, shopping and support to engage in recreational activities in the community.



## Occupational therapy and nursing services

### Occupational therapy

Our specialist occupational therapist will assist you to participate in everyday activities. They will work with you to increase your independence by recommending equipments that will enable you to engage in everyday activities such as:

- » Personal care
- » Cooking
- » Engaging in other activities around the house.

### Nursing services

Our team of clinical nurses will support you with nursing care, assessments and provide care to support your needs.

#### Our services include:

- » PAS assessment  
(Cognitive impairment scale and Cognitive decline scale)
- » Clinical Comprehensive assessment
- » Medication training for Alzheimer's WA Staff
- » Wound care – simple to complex wound dressings
- » Pressure area care
- » Catheter care/change
- » Regular Nursing visits  
(Vital obs – BP,P,T, SpO2, BSL, weight, ears check etc).



# Younger onset dementia

Alzheimer's WA has a range of services to 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 years of age 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 years of age living with younger onset dementia to access NDIS funded supports tailored to your needs. We can support you to access services in the community with a support worker on a 1:1 individual support or in a group setting.

We can also support you at home with self care activities to assist you to continue living independently in your own home.

### 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

## 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 government subsidised and designed to support clients over 65 years of age in their own home. There are four levels of home care package available. Level three and four are often referred to as high level care 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 or visit [alzheimerswa.org.au](http://alzheimerswa.org.au)**



## Our Vision

A world where people living with dementia and their families are supported and valued on their dementia journey.

## Our Philosophy

Dementia is a lived human experience rather than just a biological condition. We therefore embrace and support a holistic, person-centred approach that respects the individuality and the experience of those living with dementia.

## Our Purpose

To improve the lived experience of those on the dementia journey through our advocacy, leadership, innovation, education, partnerships and holistic, person-centred care and support, and to support the pursuit of risk reduction, treatment and a cure for dementia.

## Contact us

**1300 66 77 88**

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

PO Box 1509, Subiaco WA 6904

[support@alzheimerswa.org.au](mailto:support@alzheimerswa.org.au)

## Our houses

### **Mary Chester House, Shenton Park**

1300 66 77 88

9 Bedbrook Place  
Shenton Park  
WA 6008

### **Ella's House, Mandurah**

(08) 9535 8772

11 Candelo Loop  
Greenfields  
Mandurah WA 6210

### **Hawthorn House, Albany**

(08) 9841 3755

40 Henry Street  
Albany WA 6330

## Stay connected



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