

## What is Dementia?

Dementia refers to various symptoms which affect how the brain works. Dementia is not a specific disorder.

Dementia interferes with brain function and affects daily life. The functions of the brain most affected include thinking, memory and behaviour.

People experience dementia in different ways. Onset and progression of dementia can be different for each individual.

Dementia symptoms may start slow and become worse over time. There is no known cure for dementia.

The risk of dementia increases with age but it does not mean that everyone will have dementia as they age.



## Helpful Numbers

**Emergency** (24hrs)

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**National Dementia Helpline** (24hrs)

1800 100 500

**Carer Gateway**

1800 422 737

**Lifeline** (24hrs)

13 11 14

**Emergency Respite** (24hrs)

1800 422 737

**National 1800 Respect** (24hrs)

1800 737 732

**Telephone Interpreter Service**

131450



7 Union Street, Brunswick VIC 3056  
1/64 Portman Street, Oakleigh VIC 3166  
Tel: (03) 9388 9998  
Email: [dementiasupport@pronia.com.au](mailto:dementiasupport@pronia.com.au)

[www.pronia.com.au](http://www.pronia.com.au)

Services in Tasmania supported by:



67 Federal Street, North Hobart TAS 7002  
Tel: (03) 6231 0822  
Email: [admin@greekcommunitytas.com.au](mailto:admin@greekcommunitytas.com.au)

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## Stronger Together



## Dementia Support Services

Victoria and Tasmania

*For people with Dementia and their carers*





## What is the Dementia Support Service 'Stronger Together'?

PRONIA's Dementia Support Program can support people living with dementia, their carers and families in Victoria and Tasmania. We recognise the valuable contributions by carers to provide for their family members with dementia.

If you or your family are concerned about changes in memory, behaviour or thinking we can guide you to access the information and support you need.

We have experienced Greek English bilingual and bicultural qualified professionals who can support you to access support services that suits your needs.



### Free Services Provided Include:

- ▶ Centre based Day Respite: Suitable for people with early dementia diagnosis. Group participation enhances social connection, improves wellbeing and Physical health for the participant and provides respite for carers.
- ▶ Carer Support Groups: Carer informal groups meet monthly for 1.5 hours. Carers can enjoy some time away, whilst they connect, share ideas and experiences, meet guest speakers and learn new information and skills.
- ▶ Telephone Support Groups: Our telephone support groups connect carers who

cannot meet in person. Groups of up to 5 carers share a telephone connection for an hour to share ideas, experiences, and learn something new.

- ▶ Case support service: A specialist case support worker can assist the person with dementia and their family and carers to provide guidance on future planning, support services, entitlements, care options and general support.
- ▶ Crisis Telephone Support: An after-hours telephone line is available to participants of the Dementia Support Service in case of crisis until 9.00pm each day.