

Manningham Dementia Information

Support for people
living with dementia
and their carers.



MANNINGHAM

Do you or does someone you know...

- Experience changes in memory?
- Find it hard to do everyday tasks?
- Experience confusion?
- Notice changes in mood and personality?
- Experience challenges in planning and judgement?
- Withdraw from social connections?

Further investigation could be helpful.


Contact the Manningham Healthy Ageing team

Monday to Friday
8.30am to 5.00pm

 9840 9230

 **healthyageing@
manningham.vic.gov.au**

 **manningham.vic.gov.au/
healthy-ageing**

 Visit us at the
Manningham Civic Centre
699 Doncaster Road
Doncaster

This resource was created
in partnership with community
members with lived dementia
experience.

First point of call

Local doctor


Make an appointment with your doctor.

Dementia Australia - The National Dementia Helpline

 1800 100 500

 dementia.org.au

Eastern Health - Cognitive Dementia and Memory Service (CDAMS)

 1300 342 255
(Eastern Health)

My Aged Care

 1800 200 422

Keeping well

- Get connected
- Challenge your mind
- Maintain physical activity
- Look after your heart
- Eat nutritious foods and keep hydrated
- Have regular health checks.

Talk to your doctor for further information about keeping well.

Staying connected

Maintain social connections:

- Join a social group
- Maintain contact with friends and family
- Volunteer.

Manningham Healthy Ageing team

Information on support services, clubs, community groups and activities.

 9840 9230

Become a Dementia Friend

 [dementiafriendly.org.au/
user/register](https://dementiafriendly.org.au/user/register)

Doncare Social Support

 9856 1500

Access Health and
Community Men's Shed

 9840 1681

Memory Place Café
(Doncaster)

 1300 902 023

 9856 1224

Red Gum Café Dementia
Friendly Support Group
(Templestowe)

 9005 8044

Memory Lane Café
Dementia Australia

 1800 100 500

Manningham support services

Doncare

 9856 1500

Access Health
and Community

 9810 3000

MannaCare

 1300 902 023

Cultural support services

Action on Disability within
Ethnic Communities
(ADEC)

 9480 7000

Migrant Information Centre
(Eastern)

 9285 4888

Aboriginal Community
Elders Services Inc.

 9383 4244



Interpreter service

9840 9355

普通话 廣東話 Ελληνικά

Italiano العربية فارسی

Carer tips

- ✓ Practise self-care
- ✓ Seek support through counselling services
- ✓ Link into carers support services and groups
- ✓ Attend education programs
- ✓ Link into respite services
- ✓ Don't be afraid to ask for assistance

Planning ahead

Make plans with your:

- Family and friends
- Doctor and healthcare team
- Solicitor
- Financial advisor or accountant
- Bank.

A written Advanced Care Plan documents your preferences and decisions about your future health care.

Planning ahead

Older Persons Advocacy
Network (OPAN)

 1800 700 600

 open.org.au

Office of the Public
Advocate

 1300 309 337

Services Australia Aged
Care

 1800 227 475

Centrelink older Australians

 132 300

 132 717 (carers)

Eastern Community
Legal Centre

 1300 325 200

Advance Care
Planning Australia

 1300 208 582

Eastern Palliative Care
(EPC)

 1300 130 813



Counselling services


Dementia Australia
Free Counselling

 1800 100 500

Carers Victoria

 1800 514 845

Doncare

 9856 1500

EACH

 1300 003 224

Relationships Australia

 1300 364 277

Respite support services

MannaCare

 1300 902 023

Access Health & Community

 9810 3000

healthAbility

 9430 9100

Carers support services and groups

Carers Victoria

 1800 514 845

 carersvictoria.org.au

Carer Card Program

 1800 901 958

 carercard@dffh.vic.gov.au

Carer Gateway

 1800 422 737

VMCH

 1300 698 624

Carer Allowance

 132 717

Dementia Support Australia 24-hour service

 1800 699 799

Dementia education

Dementia Australia – Family Carers Education

 1800 100 500

 dementia.org.au

Dementia Support Australia

 1800 699 799

 dementia.com.au

The Dementia Australia Library

 [dementia.org.au/
get-support/dementia-
australia-library](https://dementia.org.au/get-support/dementia-australia-library)

 1800 100 500

 library@dementia.org.au

University of Tasmania
Wicking - Dementia
Research and Education

 1800 982 600

 mooc.utas.edu.au

Dementia Training Australia

 1300 229 092

 dta.com.au/online-dementia-courses/

Getting out and about

Manningham Community
Transport Service

 9870 7822

Public Transport Victoria -
Access Travel Pass

 1800 800 007

Accessible Parking Permit

 accessibleparking.vic.gov.au/permits

 9840 9333
(Manningham Council)

Travellers Aid

 9654 2600

Multi-Purpose Taxi Service

 1800 638 802

Companion Card

 1800 650 611

Access Health Bus Outings

 8595 4596

Link Community & Transport Eastern Suburbs

 1300 546 528

Discover more

Bulleen Library

 9896 8450

Doncaster Library

 9877 8500

The Pines Library

 9877 8550

Warrandyte Library

 9895 4250

Whitehorse Manningham
Libraries


 wml.vic.gov.au

U3A Manningham

 9894 5955

Community learning centres

Pines Learning

 9842 6726


Ajani Neighbourhood House

 9850 3687


Park Orchards Community House and Learning Centre Inc

 9876 4381

Warrandyte Neighbourhood House

 9844 1839

Wonga Park Community Cottage


 9722 1944

Keeping safe

Poisons Information Centre

 13 11 26

Seniors Rights Victoria

 1300 368 821

Transport Victoria –
Dementia and Driving

 133 778

 transport.vic.gov.au

Dementia Australia -
Driving and Dementia

 1800 100 500

 dementia.org.au

Personal Alarm Service -
MePACS

 1800 451 300

Emergency support services

Emergencies – Fire, Police and Ambulance

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Nurse on Call

 1300 606 024

Lifeline

 13 11 14

Please be patient as I may:

- Repeat questions
- Seem confused
- Forget what you have told me
- Take longer to make decisions.



Thank you for your
understanding

We are working
towards becoming
dementia-friendly
in 2024-2025.

dementia.org.au/dfc

