

# **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](https://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

## **redgum café**

 9846 2012

## **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](http://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](http://carersvictoria.org.au)

## **Carer Card Program**


 1800 901 958

 [carercard@dffh.vic.gov.au](mailto: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](https://dementia.org.au)


## **Dementia Support Australia**

 1800 699 799

 [dementia.com.au](https://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](mailto:library@dementia.org.au)


**University of Tasmania  
Wicking - Dementia  
Research and Education**

 1800 982 600

 [mooc.utas.edu.au](https://mooc.utas.edu.au)


**Dementia Training Australia**

 1300 229 092


 [dta.com.au/online-dementia-courses/](https://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](https://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](http://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](https://transport.vic.gov.au)

### **Dementia Australia - Driving and Dementia**

 1800 100 500


 [dementia.org.au](https://dementia.org.au)

### **Personal Alarm Service - MePACS**


 1800 451 300

# **Emergency support services**


## **Emergencies – Fire, Police and Ambulance**

 000

## **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](https://dementia.org.au/dfc)



Dementia  
Australia