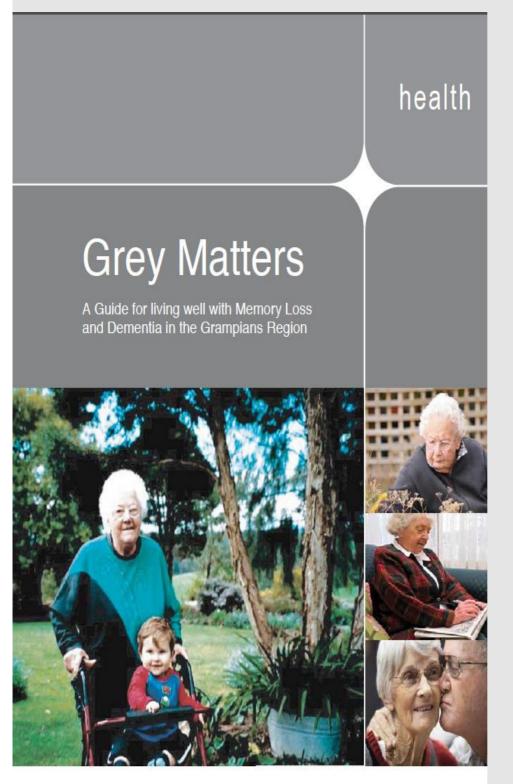
Are you living with memory loss or dementia? Would you like to know where you can find help and support locally?



About the Grey Matters guide

Grey Matters: A Guide living with for well Memory Loss and Dementia the in Grampians Region has developed to been help assist you, the person with memory loss, your family and access carers, to information relevant and support that is specific to living well with dementia.

The quide is also intended for anyone living in the Grampians Region who is interested in knowing more about dementia and how they may possibly minimize the risk the of getting disease.



UNDERSTAND ALZHEIMER'S EDUCATE AUSTRALIA



The Grey Matters guide has been developed as part of the Victorian Government Department of Health Grampians Region Community Aged Care Dementia Project.

What information does the guide contain?

Contents

Section 1: Dementia awareness

Includes what Dementia is and who gets it, signs of dementia and the benefits and merits of early diagnosis

Section 2:

Pathways to diagnosis

Includes where to seek help with initial concerns from GP consultation through to referral to specialist dementia assessment services and Alzheimer's Australia Vic

Section 3:

Support assessments

agencies including Home and Community Care, Aged Care and District Nursing

Section 4: Support options

Includes detailed information on community and residential support options such as personal care, respite, carer support, education, community packages and aids and equipment

Section 5: Therapies and activities

Provides practical advice on reminiscence activities including making memory boxes and life books

Section 6: Planning for your future

Includes information on entitlements and pensions, powers of attorney and making an advance care plan

Section 7: **Useful information**

Provides information on local assessment Includes translating services, nurse-on-call and organisations that work with people from diverse backgrounds

Section 8: **Additional resources**

Includes on-line resources, recommended reading and an alphabetical index of all organisations listed in the guide



For more information or a copy of the guide please contact:





