

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

health

# Grey Matters

A Guide for living well with Memory Loss and Dementia in the Grampians Region



## About the Grey Matters guide

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

The guide 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 of getting the disease.



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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

Provides information on local assessment 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

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:**