

Our message to you

If you have been diagnosed with dementia, you do not have to face this alone.

Every day, Dementia Australia supports people of all ages living with all forms of dementia. We recognise that everyone's experience is different. And we respect the feelings you might have along the way.

There is a lot of information to take in and decisions to make. This can be a time that feels overwhelming.

This is why we created **The Dementia Guide**. This guide is a useful source of information, written specifically for people living with dementia.

It was developed in consultation with people living with dementia, their families and carers, making the information as relevant and meaningful as possible.

You are not alone and support is available.

For more information or to ask a question,
please call the **National Dementia
Helpline** on **1800 100 500**.

Our experienced staff are always
ready to listen and offer support.