

Wednesday 4 September 2024

Dementia Australia supports Limestone Coast

Are you concerned about your memory or worried that someone you know may have dementia? Dementia Australia is offering support in Limestone Coast between 18 September and 17 October.

It is estimated there are around 34,170 people living with all forms of dementia in South Australia. Without a medical breakthrough this number is expected to increase to more than 55,600 people living with dementia by 2054.

The Dementia Australia sessions are an opportunity for people living with dementia, their carers, family, and friends to attend free education to better understand dementia and to discuss the support and services Dementia Australia can provide. Please note, bookings are essential.

Worried About Your Memory?

This session provides information on memory and common changes that may occur with ageing. It provides strategies for improving memory, when to seek help about your concerns and services provided by Dementia Australia.

- Wednesday 18 September, 10am-12pm ACST at Robe
- Thursday 26 September, 10am-12pm ACST at Lucindale
- Thursday 17 October, 10am-12pm ACDT at Naracoorte

Understanding Dementia

This session provides an introduction to dementia including an overview of different types of dementia, diagnosis, planning ahead and how to support someone living with dementia.

- Wednesday 18 September, 1pm-3pm ACST at Robe
- Thursday 26 September, 1pm-3pm ACST at Lucindale
- Thursday 17 October, 1pm-3pm ACDT at Naracoorte

Bookings are essential. Visit <https://www.dementia.org.au/get-involved/brain-hub/brain-hub-sa-limestone-coast> for details and to register. You can also call the National Dementia Helpline to register for this course on 1800 100 500. The National Dementia Helpline is available 24 hours a day, seven days a week.

-Ends-

Whenever possible please include: 'If this story has prompted any questions or concerns, please call the **National Dementia Helpline 1800 100 500** (24 hours a day, seven days a week) or visit **dementia.org.au**.'

Dementia Australia is the source of trusted information, education and services for the estimated more than 421,000 Australians living with dementia, and the more than 1.6 million people involved in their care. We advocate for positive change and support

vital research. We are here to support people impacted by dementia, and to enable them to live as well as possible. No matter how you are impacted by dementia or who you are, we are here for you.

For support, please contact the **National Dementia Helpline on 1800 100 500**. An interpreter service is available. The National Dementia Helpline is funded by the Australian Government. People looking for information can also visit **dementia.org.au**

Media contacts: Stephen O'Connell, Media & Communications Advisor, 0402 284 257, Stephen.oconnell@dementia.org.au

When talking or writing about dementia please refer to [Dementia-Friendly Language Guidelines](#).

Note to Editors:

We request, where possible, details for the **National Dementia Helpline 1800 100 500** appear alongside news stories about dementia, as these stories often prompt questions or concerns:

If this story has prompted any questions or concerns, please call the National Dementia Helpline 1800 100 500 (24 hours, 7 days a week) or visit dementia.org.au.