

# Dementia Advisory Services



Anglicare's Dementia Advisory Services (DAS) supports people living with dementia and their carers across Western Sydney, Nepean, North Sydney, South East Sydney and Illawarra regions. The service aims to provide information, education, enabling strategies and support, to improve the wellbeing of people living with dementia and those who care for them.

**Contact us**  
1300 111 278  
[anglicare.org.au](http://anglicare.org.au)

ANG6784



## How we can support you

Our services can inform and support people to understand dementia, provide strategies and counsel, with the goal of keeping people living with dementia meaningfully engaged and enjoying life.

### **Individual and family support through home visits, support groups, education and phone sessions**

We provide advice, counselling, strategies and support to help people live well with dementia, and information and advocacy to access services that may assist.

### **Groups specifically for people living with dementia**

We offer opportunities to participate in peer support groups, discussion groups and cognitive stimulation workshops.

### **Groups specifically for carers**

We support carers through sharing lived experiences in carer support groups, information about the progression of



dementia, strategies to support people living with dementia, and understanding life from the perspective of the person living with dementia.

### **Connection Cafes**

Our café meeting groups offer people living with dementia and their carers an opportunity to interact with others in an informal setting.

### **Information and education**

We offer sessions and forums to provide education and training about dementia, to help build skills in people living with dementia and their carers.

### **Brain Enrichment Support Team (BEST) Program**

The BEST program works with people who are experiencing the effects of dementia. The program provides an individualised plan and practical support to maintain the activities of daily life.

### **Brain Training**

Brain Training is a 3-week program, conducted by clinical neuropsychologists and neuroscience researchers. The program provides guided strategies to manage lifestyle factors known to impact memory and reduce the risk of developing dementia.

### **Cost**

These services are funded by the Commonwealth Government. Some services are free and others may incur a small fee. Contact us for more information.

Dementia Advisory Services support Dementia Friendly Communities, and our services are informed and supported by our Dementia Alliance members who are people living with dementia.

For more information call  
**1300 111 278**