



Section 6

Support for people with dementia

The Dementia Guide is for anyone who has been impacted by any form of dementia. The information in this guide is divided into sections. Each section relates to a particular stage of your dementia journey.

It is important to remember that everyone living with dementia is unique. The content in this guide is general in nature and we recommend you seek professional advice in relation to any specific concerns or issues you may have.

While we strive to keep content accurate and up-to-date, information can change over time. For updates, please visit dementia.org.au or call the **National Dementia Helpline** on **1800 100 500**.

Web: dementia.org.au/the-dementia-guide



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Section 6

Government support for people living with dementia

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Doing exercises designed for me, that I can access on my phone, helps me to live well and independently. ”

Ann, a Dementia Advocate who lives with dementia

You may not feel ready to ask for help, particularly if you have always been independent, but it can be useful and comforting to know about the information and support available.

Seeking support early may assist you to live well with dementia at home, for longer.

There are many care and support services available. Some services are free, but you may have to contribute to the costs of others. This may depend on your income and savings.

My Aged Care

My Aged Care is available to people aged 65 years and over, (or 50 years and over if you are Aboriginal or Torres Strait Islander). It helps people living with dementia apply for Australian Government-funded services.

Services include:

- help at home
- social support
- respite care (in-home, centre-based, cottage care and day respite)
- personal care
- transport
- residential care (respite and permanent).

There are three types of government-funded support packages.

- 1. Commonwealth Home Support Program (CHSP).** The program helps people access entry-level support services like domestic assistance, in-home respite, transport and shopping assistance, to make living at home a little easier.
- 2. Home Care Package (HCP).** There are four package levels, designed to provide home care support as care needs become more complex. Centre-based and flexible respite may also be available, helping you or your carer take a break.
- 3. Residential Care Support.** This support provides subsidised residential care – accommodation, meals and nursing/ personal care – to those who are no longer able to live safely at home. It may be a permanent admission or a short term/respite stay.

My Aged Care will:

- assess your eligibility
- give you information about services in your area
- confirm co-funding costs.

Visit myagedcare.gov.au or call **1800 200 422**.

National Disability Insurance Scheme

The National Disability Insurance Scheme (NDIS) is available to people with younger onset dementia and mild cognitive impairment. It provides funding to eligible people under the age of 65 (or if you are Aboriginal or Torres Strait Islander, under 50 years) to access services and support.

Funding is available to support your:

- wellbeing
- independence
- participation in community life.

Funding can be used for:

- help in the home, including gardening, cleaning, maintenance, assistive technologies and building modifications
- support with daily activities
- support to maintain social relationships and to take part in activities and interest groups
- maintaining physical health and wellbeing
- coordination of supports.

The amount of support you receive is based on your specific needs, not your income and assets.

Visit [ndis.gov.au](https://www.ndis.gov.au) or call **1800 800 110**.

Local services

Your local council, or state or territory government, may also offer programs and support services, including:

- senior citizen groups and centres
- planned activity group programs
- help with shopping
- meal delivery
- home and garden maintenance
- home and personal care services
- respite care
- community transport
- accessible arts and recreational programs.

Call the **National Dementia Helpline** on
1800 100 500.