For more information about your diagnosis and support:

- Visit forwardwithdementia.au
- Visit dementia.org.au
- Call the National Dementia Helpline 1800 100 500

People with dementia and carers benefit when they get support immediately after diagnosis.

**Talk to your GP** about getting a care plan to help you stay healthy and better manage dementia symptoms.

**Get support services.** For more information contact:

- myagedcare.gov.au 1800 200 422 (for 65+ years)
- ndis.gov.au 1800 800 110 (for under 65 years)
- carergateway.gov.au 1800 422 737