



LOCAL SERVICES AND ACTIVITIES

- [Holdsworth](#): offers a range of tailored, dementia-friendly programs
- Memory Disorders Clinic, [Prince of Wales Hospital](#). Please note a GP referral is required
- [Geriatric Flying Squad](#)

NATIONAL SERVICES

- [National Dementia Helpline](#): Call 1800 100 500
- [Dementia Australia](#): The peak body in Australia providing support and advocacy
- My Aged Care: Find out more about [Navigating My Aged Care here](#)
- [Younger onset dementia](#): information and resources from Dementia Australia



GETTING AROUND

- Find the [nearest accessible toilet](#)
- [Walking Safely with Dementia](#)
- [Driving](#) and alternatives: an NRMA and Dementia Australia guide to 'staying on the move with dementia'
- [Mobility Parking Permit](#)
- [Companion Card](#) travelling with someone? Companions receive free entry to venues

MOBILE APPS

- [Dementia Friendly Home App](#): Ideas to make your home more accessible.
- [BrainTrack App](#): Monitor and understand changes of cognition over time
- [Resources and Apps](#)