

Catholic Healthcare promotes independence, belonging and wellbeing to provide you with better health and lifestyle outcomes.

We can help you now

Obligation-free call or face-to-face consultation

If you are in the process of planning dementia support, one of Catholic Healthcare's professionals can walk you through our range of services.

Community Services 1800 225 474

- Immediate access to in-home care services (*call to find out which areas*)
- Assistance in accessing government subsidised in-home care
- Access to respite in the home
- Access to respite in a day centre

Residential Care Services 1800 551 834

- Live-in residential care in one of our Catholic Healthcare homes
- Access to respite in residential care

Catholic Healthcare Ltd
Suite 1, Level 5, 15 Talavera Road
Macquarie Park NSW 1670

Call 1800 551 834

catholichealthcare.com.au



Dementia

Early Intervention

For people living with dementia and their caregivers

Early Intervention



BENEFITS OF EARLY DIAGNOSIS

Research indicates the majority of people living with dementia are undiagnosed*. People concerned they may have dementia often delay diagnosis, with the belief that memory problems are a part of the ageing process or that there are no benefits to early diagnosis. Studies have also shown that early diagnosis leads to early intervention and better long-term outcomes for people living with dementia.



EARLY INTERVENTION

Early intervention provides people living with dementia and their caregivers with more health and lifestyle choices. Education through early planning provides better health outcomes. Preventative measures may delay the onset of dementia, while successful planning can ensure people living with dementia and their caregivers, remain connected to the relationships and experiences they find most fulfilling. If in need of government funding, Catholic Healthcare and General Practitioners can provide information on how to be assessed for government funded packages.



WELLNESS APPROACH FOR PEOPLE LIVING WITH DEMENTIA AND THEIR CAREGIVERS

Wellness includes activities that stimulate the brain, keep blood pressure in check, incorporate fitness, provide social participation and promote nutrition. Catholic Healthcare's allied health professionals can help you develop a holistic wellness plan, delivered to you in-home via our nursing services, domestic care and personal care. We can also offer support through respite services and interventions as required, to help caregivers sustain their own health and vitality.

Caregivers

CAREGIVER TIPS TO MAINTAINING HEALTH AND LIFESTYLE

Discuss these tips with a Catholic Healthcare Care Advisor to help develop a supportive health and lifestyle plan.

- ❑ Become educated on healthy caregiving
- ❑ Develop a health and lifestyle plan that addresses stress levels, diet and sleep
- ❑ Integrate your health and lifestyle plan with that of the person living with dementia
- ❑ Develop a support network that includes family, community and dementia care professional.
- ❑ Manage and regulate your feelings for improved resilience.
- ❑ Create an exercise routine
- ❑ Develop strategies to better cope with stress
- ❑ Take a break by using respite care services

Go to dementia.catholichealthcare.com.au to view useful tips on:

- ❑ Caregivers health and lifestyle
- ❑ Understanding and responding to the behaviours of people living with dementia
- ❑ Guide to communicating with people living with dementia

ARE YOU AT RISK OF CAREGIVER STRESS?

Caregivers who are not receiving sufficient support are at risk of stress and poor health. If you wish to assess your stress levels, take a quick online test to see if you are at high risk or are likely to experience carer stress.

Visit dementia.catholichealthcare.com.au