

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



Dementia

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

Call 1800 551 834

catholichealthcare.com.au

High Priority Support

For people living with dementia and their caregivers

High Priority Support



HOSPITAL DISCHARGE

If you or someone you support is being discharged from hospital, a Catholic Healthcare Care Advisor can help you make the transition into ongoing support or residential care*. These arrangements can be made directly with, or in consultation with, your Discharge Planner Nurse, Hospital Social Worker or via referral from your Doctor.



POST HOSPITAL CARE

After hospitalisation, additional care can be provided to assist your personalised care needs aimed at supporting your independence. Sometimes hospital admissions are associated with other conditions, e.g. injuries from a fall, health conditions requiring medical attention. Our Care Advisors can develop a health plan to support people while adjusting to their new situations and routines. Catholic Healthcare can assist with travel to your home or residential care.



RESIDENTIAL CARE

Catholic Healthcare has vacancies for people seeking immediate placement in residential care following a hospital discharge. We have a number of locations throughout the Sydney Metropolitan Area, Regional NSW and South East Queensland.



RESPIRE

Illness, fatigue and over-commitment are factors that drive caregivers to seek extra support when caring for people living with dementia. Catholic Healthcare has a number of options for respite including day centre support (providing supervised support during business hours), in-home support (affording free time) and personal or domestic support for people living with dementia. We can also offer live-in respite at one of our residential care services.

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 professionals
- 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

* Some services are immediately available and others require an assessment to receive government subsidised services.

Disclaimer: Catholic Healthcare has limited availability of beds in residential care. To find out if there is availability in your area contact Catholic Healthcare on 1800 551 834