

Dementia service to meet growing demand

ACH Group has launched a Dementia Specialist Advisory Service to meet a growing demand for tailored dementia services.

According to the Australian Bureau of Statistics, dementia became Australia's second leading cause of death in 2013, overtaking cerebrovascular disease (stroke) for the first time.

The Australian Institute of Health and Welfare estimates that approximate 342,800 Australians were living with dementia in 2015, a number set to increase to almost 400,000 by 2020.

ACH Group's service is aimed at individuals and families who are coping with dementia or memory loss.

ACH Group dementia expert Teresa Moran said a diagnosis of dementia can be a difficult and confusing time.

"You might not know who to turn to for information and support and what to do to plan for the future," she said. "Sometimes it's hard to know what the right time is to get help, or the best way to maximise health and independence for as long as possible."

The Dementia Specialist Advisory Service offers one-on-one support to help with practical ideas and solutions for everyday challenges, tips for staying healthy and living well while dealing with the challenges of dementia and coping with changes to life and relationships.

Other services include advice on modifying your home and routine to make life easier, using technology to aid memory, independence and safety, getting a diagnosis and accessing services, keeping you connected to the community and planning for the future.

"Every individual case is unique and we know how important it is to tailor support and activities to meet those needs," Ms Moran says. "We can tap into existing services within ACH Group including health services and social groups, as well as our groups tailored specifically for people living with younger onset dementia."

Here are some common questions Dementia Specialist Advisory Service can help with:

- How do I adapt my living circumstances to accommodate changes in my family member?
- How can I find more time for myself when I feel guilty and my family member is reluctant to spend time apart?
- Where can I turn for information and support?
- What do I need to do to plan for the future?
- How do I know when the time is right to get some help?
- How can I maximise my health and independence for as long as possible?
- What do I do when I notice changes in my family member's behaviour?