Dementia Friendly Support & Services

Dementia Friendly Woollahra 1300 882 962
National Dementia Helpline: 1800 100 500
My Aged Care: 1800 200 422 or myagedcare.gov.au
Dementia Australia: 1800 100 500 or dementia.org.au
In an emergency, call **Triple Zero (000)**

Home & Community Support Services

Service Name	Description	Contact Details	Location
Holdsworth	Aged Care at Home including (SAH & CHSP) community transport, meals, social groups	1300 882 962 info@holdsworth.org.au www.holdsworth.org.au	Woollahra and Eastern Suburbs surrounds
Help at Home by Montefiore	Support at home, respite, domestic assistance, occupational therapy, nursing, allied health, dementia, transport	1800 251 537 montefiore.org.au/help-at-home	Double Bay
Prestige In-Home Care	Aged Care at Home, disability support, live-in care, respite, dementia care	1300 10 30 10 enquiries@prestigeinhomecare.com.au www.prestigeinhomecare.com.au	Eastern & Northern Suburbs
3Bridges	Mindful Dementia Care: Support for carers and families, referrals; Support at Home	1300 327 434 clientconnections@3bridges.org.au 3bridges.org.au	Randwick
Sydney Community Services	Meal delivery, home maintenance, home nursing, community care advisory	02 9427 6425 support@sydneycs.org www.sydneycs.org	City of Sydney
Dovida	Support at Home Provider; Live In Care; Private Home Care; Specialised Dementia Care; Palliative Care	1300 791 172 clientcare.ses@dovida.com.au www.Dovida.com.au	City, Eastern Suburbs and Sutherland Shire

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Social Activities & Day Centres

Service Name	Description	Contact Details	Location
Uniting War Memorial Day Centre	For people over 65 who live in their own homes, and would benefit from a structured activity program and companionship.	02 9369 0100 www.uniting.org/services/aged-care-services	Waverley & various
Uniting War Memorial Hospital Younger Onset Dementia (YODS) program	It promotes social participation, independence and quality of life through early intervention, community involvement, social connection and companionship.	02 9369 0100 www.uniting.org/services/aged-care-services	Waverley & various
Holdsworth	Group social support (exercise, wellness, gardening, choir), bus outings Tuesday and Thursday	1300 882 962 info@holdsworth.org.au www.holdsworth.org.au	Woollahra & Eastern Suburbs surrounds
South Head Parish Monthly Community Lunch	Low cost ($5 or donation) community lunch on first Wednesday of every month	Book here	Watsons Bay
SECC - The Cottage Dementia Day Centre	Daily (weekday) program for people over 65 living with dementia including music, art, recreational activities	0423 082 650 www.secc.sydney/our-services/seniors/dementia-support/	Darling Point
St Basil's - Euphoria Seniors Social Group	Nutritious meals daily, full program of activities - cooking, gardening, art and music, therapy	1300 367 551 stbasils.org.au/location/randwick-3	Randwick
CPSA - Seniors Activities in Randwick LGA	A range of seniors activities in Randwick LGA including social activities from The Junction Neighbourhood Centre	cpsa.org.au/nsw-seniors-activities-by-council-area/randwick-city-council	Randwick

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Social Activities & Day Centres			
St Luke's Care Community Programs	6-week programs for people living with dementia including art, the Zoo, Botanic Gardens etc.	(02) 9356 0200 www.slc.org.au/dementia-support/dementia-support-services/community-programs	City of Sydney
Sydney Community Services	Seniors day trips and outings	02 9427 6425	City of Sydney
Access Sydney Community Transport	Social outings and group activities for older people	02 8241 8000 Free Shuttle Services - Access Sydney Community Transport	City of Sydney
Woollahra Life	Social and movement program that runs in various locations Monday - Friday	1300 882 962 woollahralife@holdsworth.org.au	Woollahra LGA

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Clinics, Rehabilitation & Hospitals

Service Name	Description	Contact Details	Location
Uniting War Memorial Hospital Public Aged Rehabilitation Hospital	Specialises in rehabilitation and assessment, holistic approach for people over 65 years, includes inpatient & outpatient services	02 9369 0100 www.uniting.org/services/aged-care-services	Waverley
Uniting War Memorial Hospital Integrated Rehabilitation for Early-Stage Dementia (iReadi) Program	9-week small group program for people living with early stages of dementia and their carers	02 9369 0100 www.uniting.org/services/aged-care-services	Waverley
St Vincent's Hospital Dementia Advisory Service	Promote awareness of dementia, information, education, and support	02 8382 1450 (Intake) 0416 144 100 www.svhs.org.au/our-services/list-of-services/dementia-advisory-service	Darlinghurst
Cognitive Disorders Clinic at Prince of Wales Hospital	Assessment and treatment for those living with dementia	www.seslhd.health.nsw.gov.au/prince-of-wales-hospital/services-clinics/directory/cognitive-disorders-clinic	Randwick
St Vincent's Care Sydney	Aged care, dementia care with secure and specialised dementia units, both in home and in facility settings	1800 785 399 www.svcs.org.au/dementia-care/sydney	Darlinghurst
Brtain Care Clinic - St Vincent's Centre for Applied Medical Research	8-week personalised program designed to help people maintain brain health and reduce their risk of dementia	(02) 8382 4976 svhns.braincareclinic@svha.org.au	Sydney

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Residential Care Facilities

Service Name	Description	Contact Details	Location
Videri Australia	Permanent and flexible respite care for people with dementia	1300 015 406 info@videri.com.au videri.com.au	Eastern Suburbs
Beresford Hall	Permanent and respite care with dementia-specific care	02 8388 8000 enquiries@beresfordhall.com.au www.beresfordhall.com.au	Rose Bay
Bupa Queens Park	Boutique aged care with dementia support	02 8305 9100 www.bupaagedcare.com.au/aged-care-homes/bupa-queens-park	Queens Park
Charingfield Aged Care Community	Boutique aged care facility and nursing home	02 9369 5444 www.charingfield.org.au	Queens Park
Vaughn Villages	Independent living units	sharon@osheamanagement.com.au 02 9540 4650	Watsons Bay
Drayton House Aged Care (Provectus Care)	Permanent, respite and secure dementia care	02 8326 7700 provectuscare.com.au/premium-aged-care-2/drayton-house/	Bellevue Hill
Anglicare Goodwin Village	Retirement home and apartments	1300 111 278 www.anglicare.org.au/seniors/retirement-living/locations/woollahra/	Woollahra
St Basil's Randwick	Aged care with secure dementia unity	1300 367 551 stbasils.org.au/location/randwick	Randwick
Montefiore Home	Residential care providing ensuite rooms, quality dining and activities	1800 978 711 montefiore.org.au	Randwick

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Residential Care Facilities			
Service Name	**Description**	**Contact Details**	**Location**
SummitCare	Residential aged care	02 9398 4511 randwick@summitcare.com.au www.summitcare.com.au/residential-care/randwick	Randwick

Community Transport			
Service Name	**Description**	**Contact Details**	**Location**
Holdsworth Community Transport	Door to door transport services for hospital, medical appointments	1300 882 962 transport@holdsworth.org.au www.holdsworth.org.au	Eastern Suburbs, City, South Sydney
Sir Roden & Lady Cutler Foundation "Pick Me Up" Service	Free, door-to-door transport for people in need, especially for medical appointments	1300 747 763	Eastern Suburbs
Randwick Waverley Community Transport	Individual, shopping and bus outings	02 9369 5366 rwctg.org.au	Randwick Waverley
Access Sydney Community Transport	Individual transport, outings	02 8241 8000 accesssydney.org.au/our-services	City of Sydney

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Carers Groups & Support Services

Service Name	Description	Contact Details	Location
Dementia Australia Memory Lane Cafe	Social support through regular, scheduled group sessions designed for people living with dementia and family members	1800 100 500 www.dementia.org.au/get-support/memory-lane-cafes	Waverley
HeartStreet	App to connect loved ones through easy-to-use messaging, music and more	02 8073 4487 hello@heartstreet.com www.heartstreet.com	All locations
Onward Dementia Support	Personalised in home guidance for families, carers and individuals navigating life after a dementia diagnosis	michelle@onwarddementiasupport.com.au 0420 560 511 www.onwarddementiasupport.com.au	Eastern Suburbs
Carer Gateway	Free services and support for carers	1800 422 737 www.carergateway.gov.au	All locations
Carers Network	Meets 3rd Thursday of the month 10.45am-12pm carers meetup at Gaden Community Centre including guest speakers	1300 882 962 info@holdsworth.org.au www.holdsworth.org.au	Woollahra
Dynamos Eastern Suburbs Carers	Meets 12pm-2.30pm on 1st Monday of the month	02 9389 9207	Woollahra
Y Care of Dementia	A community for young people supporting loved ones with dementia	ycareofdementia@gmail.com https://ycareofdementia.com.au/	All locations and online
Dementia Ready	The DementiaReady service is tailored to your individual needs	02 8345 9218 https://montefiore.org.au/dementiaready/	Sydney

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Other Dementia Friendly Recognised Organisations			
Service Name	**Description**	**Contact Details**	**Location**
Woollahra Libraries, Watsons Bay	Library located in Watsons Bay, accessible	https://www.woollahra.nsw.gov.au/Library/Visit-us/Watsons-Bay-Library	Watsons Bay
South Head Anglican Parish	South Head Anglican Parish combines St. Michael's, Vaucluse and St. Peter's, Watsons Bay.	02 9371 4338 southheadanglican.org	Watsons Bay
Home Library Service - Woollahra Library	Delivers books and other materials to residents in Woollahra LGA who are unable to visit in person	02 9391 7100 homelibraryservice@woollahra.nsw.gov.au	Woollahra
Woolworths Double Bay - Quiet Hour	From 10.30am-11.30am every Monday to Friday		Double Bay
Bus to Books	Woollahra Libraries offers a monthly bus service for residents in our LGA	02 9391 7100 hls@woollahra.nsw.gov.au	Double Bay

Other Emergency Services			
Service Name	**Description**	**Contact Details**	**Location**
Geriatric Flying Squad	Rapid response multidisciplinary care team for patients over 65 years	02 9369 0100 wmhw-switch@health.nsw.gov.au	Waverley
Carer Gateway Emergency Respite	Respite care in an emergency	1800 422 737 www.carergateway.gov.au/help-and-support/caring-me/available-support-carers/planned-emergency-respite#respite-care-in-an-emergency	Across Sydney and surrounds

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Service Name	**Description**	**Contact Details**	**Location**
Eastern Suburbs Police Force Next of Kin Program	For people living alone to have the contact details of their nominated person recorded at a local police station	https://www.police.nsw.gov.au/safety_and_prevention/crime_prevention/senior_safety	Waverley