

Gold Coast Dementia Services and Supports

It's easy to feel overwhelmed when you, or someone close to you, is diagnosed with dementia. You may experience uncertainty and may not be aware of the support available to help you live well. Your local doctor (GP) can help you understand what may happen next, and how to find the information and help that you, your family, or your friends might need. The information provided below outlines where to find the services and support you may need now and into the future.






Pre-Diagnosis Services

Name of Service	Description	Location	Contact	Referrals
Gold Coast Health Cognitive Disorders Service	This service supports your GP by diagnosing the reason for a person's change in memory or thinking process.	Robina and Tugun	1300668936	GP – Via Smart Referrals
Robina Private Hospital Memory Clinic (Assessment Clinic)	This clinic provides a comprehensive memory clinic assessment which would benefit people experiencing memory loss or who feel their ability to think clearly has worsened.	Robina	07 56655100	GP




Post-Diagnosis Services

Name of Service	Description	Location	Contact	Referrals
Dementia Australia Post-Diagnostic Support	Dementia Australia offers free support for people of all ages diagnosed with dementia, or people assessed with mild cognitive impairment. These sessions are designed to help you manage your diagnosis and live well.	Gold Coast	1800100500	
Dementia Australia I have Dementia	Dementia Australia have developed resources for those diagnosed with any form of dementia and have questions about what it means, what to do next and who can help.	Online	1800100500	
Dementia Australia Education for People Living	This Dementia Australia education program focuses on skills that support maintaining the independence and general wellbeing of people living with dementia in its various stages.	Online	1800100500	

with Dementia				
Ozcare Dementia Advisory & Support Service	The Dementia Advisory and Support Service offers information and support to people with dementia and their families throughout Queensland.	Gold Coast	1800692273	Self-referrals
Robina Private Hospital Healthy Minds	This is a cognitive stimulation program for people experiencing adjustment problems related to memory loss. Participants focus on age related issues including brain training exercises, creating a healthy balanced lifestyle through mental and physical activities, healthy eating, and social activities.	Robina	07 56655100	GP
Robina Private Hospital Memory Clinic (BPSD Clinic)	This clinic is for the assessment and management for those experiencing adverse Behavioural and Psychological Symptoms of Dementia (BPSD).	Robina	07 56655100	GP



Help at Home

Name of Service	Description	Location	Contact	Website
My Aged Care	For those living with dementia it may become difficult to manage everyday tasks on your own. Services accessed through My Aged Care include help at home, social support, personal care, transport, health care and residential aged care.	Gold Coast	1800200422	
Dementia Australia At Home with Dementia	At Home with Dementia is a free Dementia Australia service that helps you make your home more dementia friendly.	Online	1800100500	



Specialist Care







Name of Service	Description	Location	Contact	Referrals
Healthy Ageing Gold Coast	Dr Rohit Bansal offers specialist care in dementia types and characteristics, behavioural and psychological symptoms of dementia, cognitive impairment, and delirium.	John Flynn Specialist Suites, Tugun	07 56894771 reception@healthyageinggoldcoast.com.au	GP or other specialists

Gold Coast Memory Disorders Clinic	Dr Philip Morris offer specialist care in cognitive disorders.	Southport	07 55314838 plpmorris1@gmail.com	GP or other specialists
LifeSpan Specialists	Dr Mohammed Khateeb and Dr Jen Yuh Lim are specialists providing diagnosis, treatment, and management of cognitive disorders.	John Flynn Specialist Suites, Tugun Gold Coast Private Specialist Suites, Southport	07 55980234 info@lifepa.ngc.com	GP or other specialists



Mental health and wellbeing

Name of Service	Description	Location	Contact	Website
Dementia Australia Peer Support Program	Dementia Australia's one-to-one Peer Support program is for people living with dementia or a carer. The program connects you with someone who understands your challenges because they have been through a similar experience.	Online and phone	1800100500	
Dementia Australia Counselling Support	Dementia Australia offers free, confidential, professional counselling for individuals, families, couples, and professional carers at all stages of a dementia journey.	Gold Coast	1800100500	
Dementia Australia Mild Cognitive Impairment: Thinking Ahead	Mild Cognitive Impairment: Thinking Ahead is Dementia Australia's free, small-group program supporting people with mild cognitive impairment (MCI).	Gold Coast and online	1800100500	
Dementia Australia Younger Onset Dementia Hub	The Hub created in consultation with people living with younger onset dementia, informs, educates, and provides support unique to the challenges of those under 65.	Online	1800100500	

Dementia Australia Family Engagement Counselling for Younger Onset Dementia	Dementia Australia has a free specialist counselling service for family groups, especially where someone lives with younger onset dementia. It recognises the complex relationship issues faced by families impacted by younger onset dementia.	Gold Coast	1800100500	
Head to Health	Head to Health offers a free, confidential, and friendly mental health assessment and referral service between Monday to Friday 8:30am – 5pm (excluding public holidays) for guidance and support.	Phone	1800595212	
Beyond Blue	The Beyond Blue Support Service is free and available 24/7 for brief counselling. Counsellors will listen and assist finding extra mental health help.	Phone	1300224636	
Red Cross Australia Telecross	Telecross is a phone call each day to 'check you're ok' service for people who live alone and are at risk of an accident or illness that may go unnoticed.	Phone	1300885698	
Meals on Wheels	Meals on Wheels provide nutritional support to a broad section of the community, including the elderly, people with a disability and other vulnerable people including those recovering from illness, hospital stays or procedures.	Gold Coast	1300909790	
Inspire! Dementia Friendly Choir	Inspire! choir is the first dementia-friendly choir on the Gold Coast. Open to all, Inspire! choir especially welcomes individuals living with dementia and their care partners. The choir meets on the 1st and 3rd Thursday of each month during QLD school terms, 1.30 - 3pm at Varsity Lakes Community Resource Centre.	Varsity Lakes	0417704651 inspirechoir@gmail.com	







Allied Health









Name of Service	Description	Location	Contact	Referrals
My Dietitian Clinic	In person and online consultations, packages, and programs (Complex Care Program), meal plans, and home visits.	Mermaid Waters, home visits, online	0488062193	Self-referrals, GP
My Nutrition Clinic	Consultations, nutritional counselling to support patients and families, and nutrition service packages.	Robina, home visits, online	07 55338866	Self-referrals, GP

Engage Occupational Therapy	Assessments, OT therapy and interventions, clinical supervision & education, physical, psychosocial, and aged-related support.	Reedy Creek and home visits	0435094845	Self-referrals, GP
Birch Care	Assessments, therapy, clinical interventions, social and community participation, daily personal activities, group-based activities, post-hospital care.	Surfers Paradise and home visits	1300216716	Self-referrals, GP
Vitality Occupational Therapy	OT driving assessments, home/environmental safety assessments, minor/major home modifications, cognitive assessment and intervention, carer training and education, dementia support.	Paradise Point and home visits	0434748356	Self-referrals, GP
Physio Inq	Dementia specific mobile physiotherapy, occupational therapy, exercise physiology and speech pathology.	Home visits and online	1300731733	Self-referrals, GP
First Class Physio	Aged care physiotherapy.	Home visits	1800350494	Self-referrals, GP
Gen Physio	Aged care allied health.	Home visits	1300122884	Self-referrals, GP











Carer Support

Name of Service	Description	Location	Website
Dementia Australia Family and Carers Education	These education sessions and programs are designed in response to the specific needs of people caring for or supporting a family member living with dementia. The education programs focus on providing knowledge, strategies and support that is aligned with the various stages.	Online	
Dementia Australia Carer, Family and Friends Information	Information and ideas for carers, family members and friends of someone with dementia.	Online	
Dementia Australia Carer Support Groups	The carer support groups are a great way to share knowledge, tips and strategies with others who are going through a similar experience.	Gold Coast	
Dementia Support Australia	Specialised dementia consultants determine which service will be most suitable based on individual circumstance and impact of behaviour change and	Gold Coast	

Family and Carers	develop personalised strategies, advice, and practical ways to support the person in care.		
Dementia Australia Library	This national library service provides access to a comprehensive collection of books, articles, audio resources, eBooks, and DVDs on dementia care, dementia in fiction, resources for children, information for carers and living well.	Online and via post	
Co.As.It. Community Services	Culturally appropriate support, information and resources for CALD carer and family members of a CALD dementia sufferer in English, Italian or Spanish. Only available to registered clients of Co.As.It.	Surfers Paradise	
Carer Gateway In Person and Phone Counselling	If you are feeling stressed, anxious, sad, or frustrated, a counsellor can talk with you either in person one-on-one or group session or over the phone.	Gold Coast and phone	
Carer Gateway In Person and Online Self-Guided Coaching	You can talk to a professional coach to reflect on your experience and needs, identifying personal goals and create a plan to reach these goals, or you can work through interactive online coaching sessions at your own pace. With a range of topics to help you in your caring role.	Gold Coast and online	
Carer Gateway Peer Support Groups	Carer Gateway can help you to meet people who also care for a family member or friend. By sharing stories, knowledge, and experience, you can learn from and support each other.	Gold Coast and online	
Carer Gateway Tailored Support Packages	Tailored support packages are designed to provide you with services and support specific to your needs to help you in your caring role.	Gold Coast	
Carers QLD Australia Carer Health and Wellbeing Program	Educational program that provides carers with the necessary tools to maintain or improve their general health and wellbeing.	Online	
Alzheimer's Queensland South Coast Carer Supports Program	Fortnightly face to face support group based on the Gold Coast curated for those caring for a friend or family member living with dementia.	Southport	








Respite Care

Name of Service	Description	Contact	Website
Churches of Christ	Centre-based dementia respite available in Nerang, Benowa, and Southport. Activities include gentle exercise classes, games, arts and crafts and special coffee mornings.	07 55101555	
Anglicare Southern Queensland	Centre-based in Robina and Southport as well as in-home dementia respite. Activities include exercise classes, discussion and reminiscing, mental stimulation, theme days, arts, and crafts as well as concerts and shows.	1300610610	
BlueCare	Centre-based and in-home dementia respite across the Gold Coast where carers encourage meaningful activities, such as gardening, cooking, music, dance, art, and other activities.	1300869181	
Ozcare	Centre-based in Robina and in-home dementia respite. Ozcare Gold Coast offer fun, social outing for people living with dementia and chef cooked meals.	1800629273	
CURA Community Care	Centre-based in Ashmore and in-home dementia respite.	1800941212	
Alzheimer's Queensland Dementia Nursing Services	Dementia nursing services are available 24/7 for people living with dementia and can provide support with washing and dressing, assistance with eating, mobility, and daily exercises.	1800639331	
Dementia Australia Cedar House	Centre-based in Mudgeeraba and flexible respite options for people living with dementia.	07 55940270	
Carer Gateway Emergency Respite	If you become sick or injured and can't continue to care for your loved one, Carer Gateway service providers can organise for emergency respite services to take over care while you recover.	1800422737	




Planning for the Future

Name of Service	Description	Location	Contact	Website
Gold Coast Health Advance Care Planning Service	Advance Care Planning (Support Services). Gold Coast Health clinician referral is necessary.	Southport and Robina	1300744284	
Planning your future care today	This booklet provides easy to understand information about advance care planning. Please visit the website to download or request your copy or visit your local Gold Coast library.	Online and print	07 56352455	
Office of Public Guardian	Independent statutory office established to protect the rights, interests, and wellbeing of adults with impaired decision-making capacity and advocates for their rights, access to services, independence, and choices.	Online	1300653187	
Public Trustee	The Public Trustee can assist by acting as administrator or Financial Attorney in the event an adult needs assistance with managing their financial affairs due to an intellectual disability, psychiatric illness, acquired brain injury or an age-related illness.	Southport	07 55885333	
Aged & Disability Advocacy Australia	Advocacy services including assisting people who are having issues with accessing Commonwealth Funded aged care programs, elder abuse, human rights, and legal help.	Online	1800818338	



Transport

Name of Service	Description	Contact	Website
Transport for people with disabilities & seniors	For information on how seniors and people with disabilities can travel on the Gold Coast in a safer and easier way please visit the City of Gold Coast website.	1300465326	
TransitCare	TransitCare is a not-for-profit providing a range of services to seniors, people with disabilities, and those who have difficulty getting around.	1300153636	