




Your guide to Gold Coast dementia support and wellbeing information

Dealing with a dementia diagnosis can be overwhelming. Your local doctor (GP) can guide you through the uncertainty and help you access the necessary support. This booklet outlines the services and support available, that you, your family or friends may need now and into the future.

Community and recreational activities


Active and Healthy – Seated exercise for seniors living with dementia

Free class providing gentle seated exercise for seniors living with dementia, with activities to improve breathing, circulation, flexibility, balance and mobility. Carers and partners are encouraged to participate. Classes are on Wednesdays from 11.30am – 12.30pm during QLD school terms. Bookings are not required.

Location Nerang	Contact Garry Anderson: 0412 007 689 gazando2d@optusnet.com.au	Learn more 
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Memory Lane Café

A social support program run for people living with dementia and their loved ones. For two hours, people will come together for morning tea, musical entertainment and a good chat. Café events are held every 6 weeks on Monday mornings from 10am – 12pm.

Location Broadbeach	Contact Please call 1800 100 500 to enquire if this event is suitable for you or email Kasey for further information: qld.memorylanecafe@dementia.org.au	Learn more 
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Home of the Arts (HOTA) Gallery – Quiet Hour

On the first Saturday of every month between 9am – 10am, HOTA Gallery offers Quiet Hour, designed to create a relaxed and calm environment suitable for people with dementia.

Location Surfers Paradise	Contact 0402 071 984	Learn more 
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Shopping venues – Quiet Hour

For quieter shopping environments on the Gold Coast, visit during off-peak hours, usually early mornings or late evenings. Some retailers offer “Quiet Hour” events with reduced lighting and sound at specific times of the day. Check out their websites or social media for details.

Location Participating stores on the Gold Coast	Contact Your local retailer
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Cycling Without Age Gold Coast

Offers bike rides for elderly people, including those with dementia, allowing them to enjoy the outdoors and reconnect with the environment and their community.

Location Gold Coast	Contact Booking enquiries: 0492 977 280 ride@goldcoast-cyclingwithoutage.org.au	Learn more 
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Cascade Gardens – Seniors Garden

The Gold Coast’s first purpose built, safe and accessible outdoor space where seniors, people with disability and community groups can get together and connect with each other. The garden has many unique features, including wheelchair-accessible garden beds, wide pathways, accessible group seating, a friendly bench and a range of interactive, sensory elements. Open daily from 6am – 6pm.

Location Broadbeach	Learn more 
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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 selected Thursdays from 1.30pm - 3pm at Varsity Lakes Community Resource Centre. Please contact for dates.

Location

Varsity Lakes

Contact

Jan Gillies

0417 704 651

inspirechoirdf@gmail.com

[Learn more](#)

Gold Coast Dementia Community

By the community, for the community. We're the Gold Coast Dementia Community with the mission to connect, support, educate and advocate for people impacted by dementia on the Gold Coast. The Gold Coast Dementia Community *Peer Support Group* provides a warm and welcoming community where those impacted by dementia can share their story, listen and support one another. Additionally, the Gold Coast Dementia Community, *Community Connections*, is a networking event designed to connect people affected by dementia with professionals who can support them. For information on meetings please use contact details below.

Location

Venue TBC
– please
email for
location/
dates

Contact

0437 552 090

admin@gcdementia.com.au

[Learn more](#)

Mental health and wellbeing

Dementia Australia – Connecting Peers

A one-to-one peer support program for people living with dementia or a carer. The program connects you with someone who understands your challenges because they've been through similar experiences.

Location Gold Coast, Online and Phone	Contact 1800 100 500 peersupport@dementia.org.au
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[Learn more](#)



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.

Location Gold Coast	Contact 1800 100 500
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[Learn more](#)



Dementia Australia – Mild Cognitive Impairment: Thinking Ahead

Dementia Australia's free, small-group program supporting people with mild cognitive impairment (MCI).

Location Gold Coast and Online	Contact 1800 100 500
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[Learn more](#)



Red Cross Australia Telecross

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.

Location Phone	Contact 1300 885 698
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[Learn more](#)



Dementia Australia – Family Engagement Counselling for Younger Onset Dementia

Dementia Australia’s free specialist counselling service for family groups, especially where someone lives with younger onset dementia, recognising the complex relationship issues faced by families.

Location	Contact
Gold Coast	1800 100 500

[Learn more](#)



Medicare Mental Health (formerly Head to Health)

A free, confidential and friendly mental health assessment and referral service between Monday to Friday 8.30am – 5pm (excluding public holidays).

Location	Contact
Phone	1800 595 212

[Learn more](#)



Beyond Blue

Free and available 24/7 for brief counselling. Counsellors will listen and assist in finding extra mental health help.

Location	Contact
Online and Phone	1300 224 636

[Learn more](#)



Meals on Wheels

Provides 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.

Location	Contact
Gold Coast	1300 909 790

[Learn more](#)



Allied health

My Dietitian Clinic

In person and online consultations, packages and programs (Complex Care Program), meal plans and home visits.

Location

Mermaid
Waters,
Home
Visits,
Online

Contact

0488 062 193

contact@mydietitianclinic.com

Referrals

Self referrals
GP

[Learn more](#)

My Nutrition Clinic

Consultations, nutritional counselling to support patients and families and nutrition service packages.

Location

Robina,
Home
Visits,
Online

Contact

07 5533 8866

Referrals

Self referrals
GP

[Learn more](#)

Engage Occupational Therapy

Assessments, OT therapy and interventions, clinical supervision and education, physical, psychosocial and aged-related support.

Location

Reedy
Creek and
Home Visits

Contact

0435 094 845

Referrals

Self referrals
GP

[Learn more](#)

Gen Physio

Multidisciplinary allied health service that specialises in home visit services.

Location

Home Visits

Contact

1300 755 072

Referrals

Self referrals
GP

[Learn more](#)

Vitality Occupational Therapy

OT driving assessments, home/environmental safety assessments, minor/major home modifications, cognitive assessment and intervention, carer training and education, dementia support.

Location
Paradise
Point and
Home Visits

Contact
0434 748 356

Referrals
Self referrals
GP

[Learn more](#)



Physio Inq

Comprehensive mobile allied health providers: physiotherapy, occupational therapy, exercise physiology and speech pathology.

Location
Home Visits
and Online

Contact
02 7201 5131
mobile@physioinq.com.au

Referrals
Self referrals
GP

[Learn more](#)



First Class Physio

Provides mobile aged care physiotherapy across the Gold Coast.

Location
Home Visits

Contact
1300 851 890
info@firstclassphysio.com.au

Referrals
Self referrals
GP

[Learn more](#)



Atkins Health – Dementia Health Care Program

Run by exercise physiologists, and supported by geriatricians, this program is geared to dementia clients and supporting families. Individual and group classes.

Location
Gold Coast
and Home
Visits

Contact
07 3177 7779

Referrals
Self referrals

[Learn more](#)



Help at home

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.

Location	Contact
Gold Coast	1800 200 422

[Learn more](#)



Dementia Australia – At Home with Dementia

A free Dementia Australia service that helps you make your home more dementia-friendly.

Location	Contact
Online	1800 100 500

[Learn more](#)



Transport

Transport for people with disabilities and seniors

There are several transport options available for seniors and people with disabilities to travel on the Gold Coast in a safer and easier way. Please visit the City of Gold Coast website.

Location

Gold Coast

Contact

1300 465 326

[Learn more](#)

TransitCare

A not-for-profit providing a range of services to seniors, people with disabilities and those who have difficulty getting around.

Location

Gold Coast

Contact

1300 153 636

intake@transitcare.com.au

[Learn more](#)

Carer support

Dementia Australia – For family, friends and carers

Information, advice and support specifically available for carers, families and friends.

Location
Online

Contact
1800 100 500

[Learn more](#)



Dementia Support Australia

An Australian Government funded program, led by HammondCare. It provides 24/7 nationwide support for people living with dementia and their carers where behaviour impacts their care. This includes personalised, relationship-centred advice and support to family and friend carers, aged and community care providers and other health professionals. We're here to help.

Location
Gold Coast
and Online

Contact
1800 699 799

[Learn more](#)



Dementia Australia Library

Provides free access to a comprehensive collection of print and digital resources on dementia care, dementia-related fiction, resources for children and young adults, clinical information and practical information for caregiving and living well with dementia.

Location
Online and
via post

Contact
1800 100 500
library@dementia.org.au

[Learn more](#)



Co.As.It. Community Services

Culturally appropriate support, information and resources for CALD carer and family members of a CALD person with dementia in English, Italian or Spanish. Only available to registered clients of Co.As.It.

Location Gold Coast	Contact 07 5617 9500
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[Learn more](#)



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, in a group session or over the phone.

Location Gold Coast and Phone	Contact 1800 422 737
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[Learn more](#)



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.

Location Gold Coast and Online	Contact 1800 422 737
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[Learn more](#)



Carer Gateway – Peer Support Groups

Can help you 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.


Location Gold Coast and Online	Contact 1800 422 737
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[Learn more](#)



Carer Gateway – Tailored Support Packages and Planned Respite

Tailored support packages designed to provide you with services and support specific to your needs to help you in your caring role.

Location Gold Coast	Contact 1800 422 737	Learn more 
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Carers QLD Australia – Carer Program

Provides services and supports to assist in your caring role, with a focus on carer consultation, improving your health and wellbeing and helping you connect with your local communities and other carers.

Location Online	Contact 1300 747 636	Learn more 
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Alzheimer’s Queensland – South Coast Carer Supports Program

Fortnightly face to face support group curated for those caring for a friend or family member living with dementia.

Location Southport	Contact 1800 639 331	Learn more 
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Respite care

Care organisations providing respite for people living with dementia

Many organisations on the Gold Coast provide both centre based dementia respite in addition to in-home dementia respite. Refer to the link below for service providers.

Location
Gold Coast

Contact
1800 200 422 (My Aged Care)

[Learn more](#)



CURA Community Care

CURA offers multicultural aged care services while providing inclusive care to seniors from diverse backgrounds. In-home respite care and facility based care at the Gold Coast Wellness Centre allows seniors to participate in a variety of activities and events.

Location
Gold Coast

Contact
1800 941 212

[Learn more](#)



Alzheimer's Queensland – South Coast Multi Service Centre

The South Coast Multi Service Centre at Arundel provides both in-home and centre-based respite services providing social interaction for clients and is tailored to meet the interests of each individual client.

Location
Arundel


Contact
1800 639 331

[Learn more](#)




Dementia Australia – Cedar House Dementia Respite Care

Provides respite care specifically for individuals with dementia, offering a supportive environment for both people living with dementia and their families.

Location	Contact	Learn more
Mudgeeraba	07 5594 0270	

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.

Location	Contact	Learn more
Gold Coast	1800 422 737	



An Australian Government Initiative

“Building one world class health system for the Gold Coast.”

Gold Coast Primary Health Network

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The content in this resource is accurate as of January, 2025



Gold Coast Primary Health Network would like to acknowledge and pay respect to the land and the traditional practices of the families of the Yugambeh Language Region of South East Queensland and their Elders past, present and emerging.

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Gold Coast Primary Health Network (GCPHN) gratefully acknowledges the financial and other support from the Australian Government Department of Health.