

Resources for older people and carers

Category	Resource	Link
Older people's rights	Aged care advocacy	adaaustralia.com.au
Planning	Advanced Care Planning - Learn more about being a substitute decision maker	advancecareplanning.org.au
Services and carer support	Carer Gateway - Phone for Emergency Respite or carer support	carergateway.gov.au Phone 1800 422 737
	My Aged Care - Get assessed for Australia's aged care services	myagedcare.gov.au Phone 1800 200 422
Continence	Continence - Phone for advice from nurse specialists	continence.org.au Phone 1800 33 00 66
	Pelvic Floor Training for Women	racgp.org.au (Pelvic Floor Training)
Cognition	Delirium - What is it and how can I prevent it?	aci.health.nsw.gov.au (Delirium)
	Dementia Australia - Information and support for different types of dementia. Contact the National Dementia Helpline	dementia.org.au Phone 1800 100 500
	Dementia Support Australia - Make a referral for the dementia behaviour management service (DBMAS or SBRT)	dementia.com.au 24 hour Helpline 1800 699 799
	Parkinson's disease dementia	parkinsons.org.au

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Falls prevention	Find an exercise program in NSW	activeandhealthy.nsw.gov.au
	Don't Fall for it - Guide to preventing falls	health.gov.au (Don't Fall for It)
	Safe Exercise At Home - Exercise programs for different fitness levels made to be done at home	safeexerciseathome.org.au
	Stepping On – Falls prevention exercise classes	Activeandhealthy.nsw.gov.au
	Healthy Bones Australia	healthybonesaustralia.org.au
	Find a physiotherapist - Australian Physiotherapy Association	choose.physio
	Find an accredited exercise physiologist - Exercise and Sports Science Australia	essa.org.au
Hearing	Hearing - Find your closest hearing check	hearing.com.au
Mental Health	Lifeline	lifeline.org.au 24 hour Helpline 13 11 14
Nutrition	Healthy eating to stay strong and independent	aci.health.nsw.gov.au (Healthy Eating)
Skin Health	Guideline to prevent skin tears	racgp.org.au (Skin Tears)
Vision	Find services from Vision Australia	visionaustralia.org
Translator and Interpreting Service	Request an interpreter to communicate with an Australian service	tisnational.gov.au 24-hour Phone 131 450