

## Murrumbidgee Region

### NSW Trustee & Guardian

Independent trustee and financial management services that can help with wills, Power of Attorney and Enduring Guardianship documents.

☎ 1300 721 610

### MPHN Central Access and Navigation Service

Helps people including carers to navigate the Murrumbidgee mental health system by connecting them to mental health providers and other services.

☎ 1800 931 603

### Legal Aid

Provides legal services to socially and economically disadvantaged people.

☎ 02 6921 6588

### Aged Care Specialist Officer

My Aged Care face-to-face service to help with aged care matters.

☎ 02 6932 5704

### MLHD Dementia Behaviour and Management Service

Service for behavioural and psychological symptoms of dementia.

☎ 1800 800 944

## Australia Wide

### National Dementia Australia Helpline

Free telephone service that provides information and advice to people concerned about changes to memory and thinking, people living with dementia or Mild Cognitive Impairment, and their family, friends and carers.

☎ 1800 100 500

### Carer Gateway

Connecting carers to support services.

☎ 1800 422 737

### My Aged Care

Provides support to help access Australian Government-funded aged care services.

☎ 1800 200 422

### healthdirect

Free health information and advice 24 hours a day, 7 days a week.

☎ 1800 022 222

### Seniors Rights Service

Free and confidential advice, aged care advocacy and support, and legal advice to seniors.

☎ 02 9281 3600

# Living with dementia?

## Murrumbidgee Local Service Directory

## My Aged Care

My Aged Care is your starting point for accessing Australian Government-funded aged care services including respite.

They provide the information and support you need to understand, access and navigate the aged care system. You can access My Aged Care online, on the phone or in person.

☎ 1800 200 422    [myagedcare.gov.au](https://myagedcare.gov.au)

📍 Visit a Services Australia service centre.  
Locations can be found at [findus.servicesaustralia.gov.au](https://findus.servicesaustralia.gov.au)



For up to date information about services and support in the Murrumbidgee region go to [mphn.org.au/dementia](https://mphn.org.au/dementia)

**phn**  
MURRUMBIDGEE

An Australian Government Initiative

*Care has been taken to ensure all information contained in this brochure is correct as at January 2023.*



## Berrigan, Edward River and Murray River LGAs

### Berrigan Shire Dementia Alliance

The Dementia Alliance meets on the last Friday of each month, at the Finley RSC at 2:30pm.

☎ 03 5883 9600

### Dementia Inclusive Community Group (Finley, Deniliquin and Tocumwal)

Support group

☎ 0403 198 403 (Finley and Deniliquin)

☎ 0430 661 911 (Tocumwal)

### Murray River Council Services for older people (Barham, Mathoura, Moama, Moulamein, Tooleybuc)

Referral service aiding access to other agencies and support services. Flexible respite care.

☎ 1300 087 004

## Coolamon, Junee and Temora LGAs

### Junee Community Centre

Offers in home respite, community access respite, social outings, morning teas and community garden.

☎ 02 6924 2666

### Pinnacle Community Services Centre Social Support Group (Temora)

Social support service

☎ 02 6977 1326

## Griffith and Leeton LGAs

### Baptist Care Riverina Dementia Support (Griffith and Leeton)

Social group

☎ 02 6937 6101

### Griffith Carers Dementia Support group

Support group for family and friends who are caring for a loved one living with dementia.

☎ 0459 980 434

## Cootamundra-Gundagai, Hilltops and Snowy Valleys LGAs

### Baptist Care Riverina Dementia Support (Cootamundra)

Social group

☎ 02 6937 6101

### Pinnacle Community Services - Cootamundra (Cootamundra; Wallembeen to Stockinbingal)

Social support service

☎ 02 6942 7786

### Gundagai Dementia Support Group

Support group for family and friends who are caring for a loved one living with dementia.

☎ 02 6944 0290

### If you only knew counselling (Gundagai)

Counselling service for people newly diagnosed with dementia.

☎ 0413 041 576

### Murrumburrah-Harden Flexible Care Services (Harden)

Social support service

☎ 02 6386 3561

### Young Meals On Wheels

Planned activity group

☎ 02 6382 5008

### Valmar Tumut & Districts Aged Assistance Services

Planned activity group

☎ 02 6947 9784

## Federation, Greater Hume and Lockhart LGAs

### Murrumbidgee Local Health District (Urana)

Planned activity group

☎ 02 6920 8106

### MHA Care (Yarrowonga Mulwala)

Planned activity group

☎ 03 5742 1111

### Holbrook And Walla Walla Meals On Wheels Service (Henty, Holbrook, Walla Walla, Culcairn, Jindera)

Social support service and transport, in home cooking, meal delivery.

☎ 02 6036 3677

### Valmar Lockhart & Districts Aged Assistance Services

Planned activity group

☎ 02 6920 4162

### The Rock & District Meals and Community Organisation

Social support service

☎ 02 6920 2500

## Wagga Wagga LGA

### Baptist Care Riverina Dementia Support (Wagga Wagga)

Social group

☎ 02 6937 6101

### Belinda Scott Counselling (Wagga Wagga)

Counselling service with extensive experience in memory issues, dementia and aged care.

☎ 0413 595 288

### Wagga GP After Hours Service

GP service operating outside normal surgery hours for urgent, non life-threatening medical treatment.

☎ 02 6931 0900

### The Memory Café (Wagga Wagga)

Social support service

☎ 1800 580 580