

# National Dementia Helpline

**1800 100 500**





## About us

Dementia Australia is the source of trusted information, education and services for Australians living with dementia, and their carers. We are here to support people impacted by dementia, and to enable them to live as well as possible.

**No matter how you are impacted by dementia or who you are, we are here for you.**

When you have  
**memory changes,**  
you can have:



difficulty completing  
**daily tasks**



confusion about  
**time and location**



problems with **finding**  
**the right word**



problems with  
**handling money**



difficulty **judging**  
**danger**



problems **losing things**



changes in **mood**  
**and behaviour.**

When memory  
changes affect your life,  
**it's important to get  
it checked out.**



**2026**

## **ACT Social and Respite Programs (CHSP)**

### **Monday: Art Group – 10am-1pm at Endeavor House, Griffith**

- A relaxed and friendly get-together with pencils, paints, and all things arty. No need for any talent, this is a way to express yourself and have some fun at the same time.

### **Monday: Road Trippers – 9.30am-1.30pm meet at Endeavor House, Griffith**

- A bus trip to various locations around Canberra and regional NSW including a stop off for lunch. Drop off and pick up from Endeavour House, Griffith.

### **Tuesday: National Gallery of Australia – 10am-12pm at the National Gallery, Parkes**

- Come with us to visit the NGA for a guided tour and see some interesting artworks. Join the discussion about the paintings, sculptures, and photography that we see.

### **Tuesday: Portraits together! National Portrait Gallery – 10am-12pm at the National Gallery, Parkes**

- Come with us to visit the Portrait Gallery for engaging discussions and art making. You may even see some familiar faces!

### **Tuesday: Choose Day Tuesday – 10am-3pm – Endeavour House, Griffith**

- An all-day activity-based group where you get to choose what fun activities you would like to do – be it art, craft, watching a movie with popcorn, games, outings and more. Lunch, morning and afternoon tea are included.

### **Tuesday: Flow Movement and Music – 1:00pm-3:00pm at Endeavour House, Griffith**

- Gentle and safe seated exercises drawing from Tai Chi and Yoga, with music activities, for people of all ages and all levels of ability.

### **Wednesday: Out and About – 10am-3pm; client pickup included**

- An active, community-based program including volunteering, gardening and visits to places of interest. Pickup and drop-off home between 9:30am and 3:30pm.

### **Wednesday: Creative Craft Group – 1.30-4.00pm at Endeavor House, Griffith**

- Come along for a relaxed and vibrant afternoon and create something special. Bring along your knitting, sewing, craft activity or just color up a storm. You can also join in on the craft activity set up by our wonderful staff.

**Thursday: Ladies Coffee Group – 9:30am-1pm meet at Endeavor House, Griffith**

- Each week we visit a place of interest around the ACT and region. We will see some interesting things and do a bit of retail therapy along the way. We top the morning off with coffee and a chat.

**Thursday: It's all Fun and Games – 1.30pm-4pm at Endeavour House, Griffith**

- Do you like trivia? What about jigsaw puzzles? Do games interest you? This group has been specially designed to cater for all – think, board games, trivia, giant Jenga, Rummikub, Connect 4, darts, croquet and many, many more!

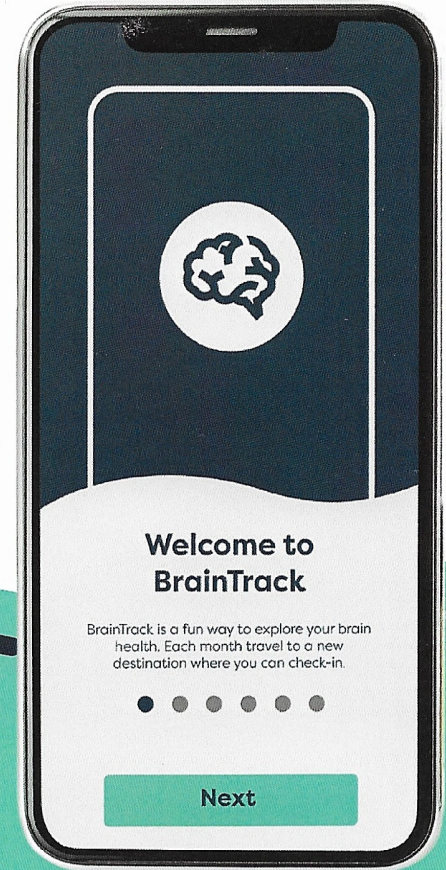
**Friday: Walking Group – 10am-12pm meet at Heritage Nursery Carpark, Robert Boden Grove, Yarralumla (three options available – long, medium and short)**

- Come along and join us for a peaceful walk around the far basin of Lake Burley Griffin. Improve your fitness while taking in those breathtaking views of the lake on a clear day in the ACT. We finish at the Oaks Brasserie and Cafe for coffee and a catch-up.



# Brain Track

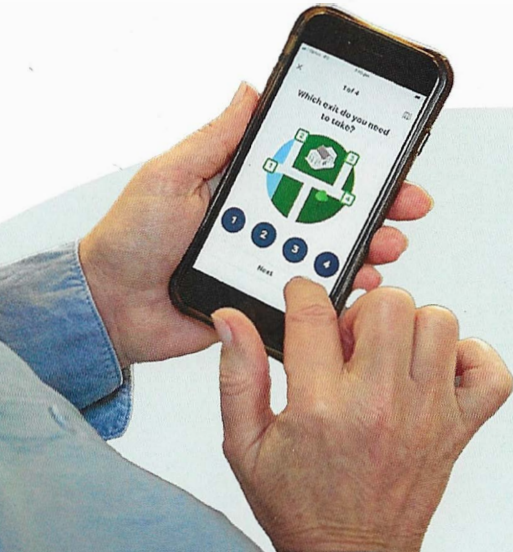
Check your brain health



# Thinking about your brain health?



**You can check that** with fun, free games and activities on the **BrainTrack** app.



Scan the **QR code** to embark on your **brain health** journey, or visit [dementia.org.au/braintrack](https://dementia.org.au/braintrack)



 Dementia Australia®

# Hold the *Moment*



A podcast full of real stories about life  
after a dementia diagnosis



**Hold the Moment**, a podcast from Dementia Australia, is full of real stories told by people who really understand dementia.

In Season One, hear from people living with dementia about how they manage issues such as telling others about a diagnosis and getting their affairs in order.

In Season Two, hear from people who shine a light on the realities of caring for a loved one with dementia: the rewards, the challenges and everything in between.

**Whatever your experience with dementia, you're not alone.**

You'll be guided by hosts Jim Rogers, who lives with younger onset dementia, and journalist Hamish Macdonald, whose father lived with dementia with Lewy bodies and Parkinson's.



**Follow and listen to Hold the Moment here**

Dementia Australia acknowledges and appreciates the support of the Australian Government for this initiative.