

"I am still me"

About us

Alzheimers Otago is a charity with the vision of creating a Dementia Friendly Otago.

We offer services and programmes for people with dementia and their carers across Otago, including:

- Central Otago
- Queenstown Lakes
- North Otago
- Dunedin & South Otago

www.alzheimersotago.org.nz



We are here for you.

If you, or a loved one, are living with memory loss, cognitive decline, Alzheimers Disease or any type of dementia, we are here for you.

Contact us when:

- You need information
- You are feeling overwhelmed
- You are interested in activities & programmes for people with dementia
- You want help navigating the health system

A diagnosis is not required to access our services.

Our services are free and confidential.

How we can help

We are here to help you navigate your journey with dementia.

We can visit you at home, you can come into our offices, or we can meet you anywhere else that suits.

We provide:

- One on one support for care partners
- Carer Support Groups
- Coffee Groups
- Written Information
- Community Education
- Cognitive Stimulation Therapy
- Day Programmes (Wanaka & Queenstown)

We can also link you to other services that can help.

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