

# Nightingale Program

A specialist nurse-led support and palliative care service promoting choice, wellbeing and forward planning.

Available free of charge across specific New South Wales locations\* for people living with advanced dementia, their families and carers.

## What we provide:

- specialist nursing advice
- family education
- clinical and emotional support
- consultation
- individual care coordination
- clinical assessment
- specialist referrals
- health and death literacy.

National Dementia Helpline  
**1800 100 500**



For language assistance  
call **131 450**

Find us online  
**dementia.org.au**



**Dementia Australia** supports people of all ages living with all forms of dementia, their families and carers. Contact us for more information on our programs and services.



# Nightingale Program

Advanced dementia care and family support



\* New South Wales locations include Port Macquarie, Hunter, Metropolitan Sydney and Queanbeyan-Palerang. Funded until June 2026.  
The National Dementia Helpline is funded by the Australian Government.  
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## How we help

**We use a person-centred approach.**

We help develop care strategies, enabling people living with advanced dementia to:

- stay at home longer
- have quality of life and strengthen relationships
- have a voice in their future care options and decision-making
- avoid unnecessary presentations to acute hospital settings.

**We can provide clinical advice about:**

- pain management
- delirium
- co-morbidity management
- palliative care.

## Benefits of the Nightingale Program include:

- specialist, comprehensive nursing assessment and advice
- identifying current issues, anticipating changing needs
- referrals to other service providers as needed
- continuity of care, offering a single point of contact for guidance
- consultation in developing advance care plans for future health care needs
- education and emotional support for family and carers.

**The program supports people living in:**

- community settings
- residential short-term respite
- residential aged care (three months or less)
- transition between any of the above.

