

Dementia Tai Tokerau provides free, confidential support, education and practical guidance for people living with dementia and their whānau, friends and carers across Te Tai Tokerau Northland.

Services Provided

✓✓ Individual and whānau support

Our team provides personalised, ongoing support for people living with dementia and those who care for them. We understand that every dementia journey is different and tailor our support to meet each person and whānau where they are.

✓✓ Home Visits

Home visits provide an opportunity to talk privately with someone who understands dementia. Our team can answer questions, offer practical guidance and help families plan for changing needs.

✓✓ Support Groups

Support groups provide safe and welcoming spaces for people to connect, share experiences and learn from others facing similar challenges.

✓✓ Carer education seminars

Our seminars help families and carers better understand dementia and develop practical ways of responding to the changes it can bring. Topics may include communication strategies, understanding changes in behaviour, planning ahead and supporting the wellbeing of both the person with dementia and their caregiver.

✓✓ Day Programmes

Our Day Programme provides supervised activities, companionship and social connection for people living with dementia. It also gives carers valuable time to rest, attend appointments or manage other responsibilities.

Supporting Communities

Dementia Tai Tokerau supports people throughout the Far North, Mid North, Whangārei, Ruakākā, Mangawhai and Kaipara regions.

We work closely with health providers and community organisations across Northland to help people access reliable information and appropriate support as early as possible.

Dementia can affect anyone, and its impact reaches beyond the person diagnosed. Families, partners, friends and carers may find themselves navigating unfamiliar challenges, changing relationships and uncertainty about what comes next.

Sometimes the most valuable support is simply having someone who understands. If you are concerned about changes in memory, have questions about dementia or are caring for someone you love, we encourage you to get in touch.

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