

Dementia Action Week

Act now for a dementia-friendly future

18 – 24 September 2023

<insert names of presenter or organisation>

What is dementia?

Dementia is an umbrella term to describe a **set of symptoms caused by brain disease.**

Typical signs of dementia include **gradual changes in thinking, memory, language or other areas that impact everyday activities.**

No two people are affected in exactly the same way.

It is not a normal part of ageing.

Types of dementia

There are more than
150 types
of dementia.

**Alzheimer's
disease**

**Vascular
dementia**

**Lewy body
disease**

**Fronto-
temporal
dementia**

These are the more common types.

Facts and Stats

Every 3 seconds

someone in the world develops dementia.

There are more than

400,000 people

living with dementia in Australia.

In 2023 there are estimated to be

more than 28,650 people

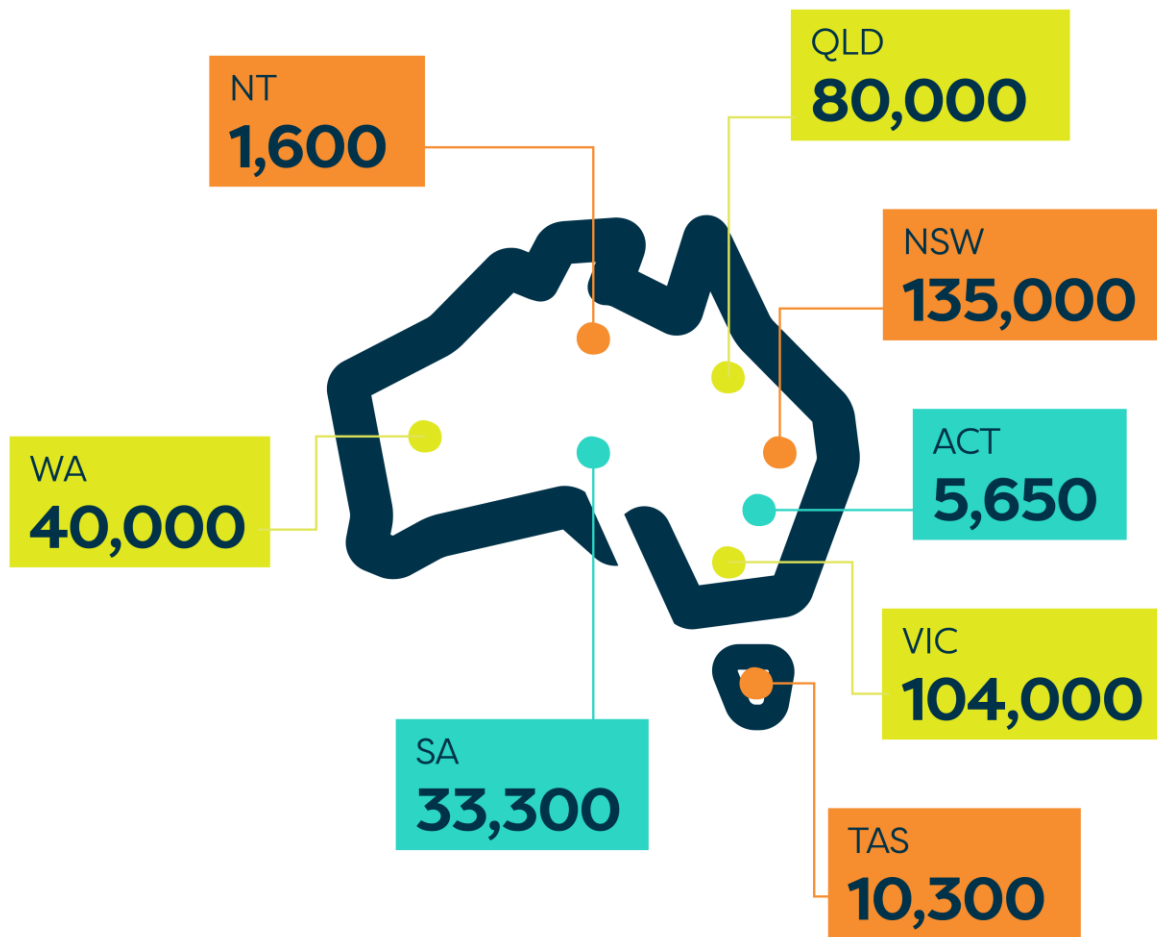
with younger onset dementia in Australia.

By 2058 it is estimated that **more than**

800,000 people

will have a diagnosis of dementia in Australia.

People living with **dementia** estimates 2023



Why is it so important to have a dementia-friendly community?

- Around two-thirds of people with dementia live in the community.
- A lack of knowledge and understanding of dementia may lead to people living with dementia experiencing stigma and discrimination in the community.
- Dementia Australia research shows 81 per cent of those with a loved one living with dementia felt that people in shops, cafes and restaurants treated people with dementia differently.

**What can we do to create a
more dementia-friendly
community?**



Use unambiguous seating design

Avoid sudden changes in light level since shadows can be confusing

Use high-contrast design features

Use clear signage that allows for line-of-sight orientation, and which uses words and pictures

Consider inclusion of 'quiet spaces' in refurbishments and new buildings

What can we do to create a more dementia-friendly community?

- Learn more about dementia and how to support people living with dementia in your community.
- Ask people living with dementia, their families and care givers what they need to help them live well in their communities.
- Access Dementia Australia's dementia-friendly toolkit and encourage your council and local businesses to sign the pledge to commit to becoming more dementia-friendly at www.dementia.org.au/DementiaActionWeek.

A dementia-friendly future is a future that is better for everyone in the community.



What does Dementia Australia do?

- National Dementia Helpline
1800 100 500
- Individual and family support
- Counselling
- Support groups
- Information and resources
- Education
- Advocacy



**Dementia
Australia™**

National Dementia Helpline
1800 100 500



For language assistance
call **131 450**

Find us online
dementia.org.au

