



## 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.**



# What is dementia?

## Where can I go for help?

- a doctor
- a nurse
- a health care worker
- give us a call on **1800 100 500**.

National Dementia Helpline  
**1800 100 500**



For language assistance  
call **131 450**

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



The National Dementia Helpline is funded by the Australian Government.  
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Dementia is the symptoms caused by an illness to the brain. Dementia is **not a normal part of getting older.**



Some people with dementia find it **hard to remember new information**, solve problems or do daily tasks.



Sometimes it also **changes people's mood** and the way they **behave.**



**The signs of dementia are different**, depending on which part of the brain is affected.



Dementia can cause people to **isolate** from others and become **depressed.**



Many people with dementia are older, however sometimes people under the age of 65 years get **younger onset dementia.**