

A man and a woman are standing in a garden, facing each other and smiling. The man is on the left, wearing a dark hoodie and jeans, holding a glass. The woman is on the right, wearing a blue turtleneck and dark pants, also holding a glass. They are standing on a grassy area with a wooden fence and trees in the background. The image has a blue tint.

Four reasons why it's time to talk about dementia

Dementia Action Week

21 – 27 September, 2026

REASON 1

The scale demands it.



Dementia is the leading cause of death in Australia. Almost half a million Australians are living with dementia today, and countless carers, families, friends, workplaces and communities are affected too. It touches people of all ages, right now.



REASON 2

**Silence isn't neutral.
It has a cost.**



There are lots of reasons we might not talk about dementia enough. It can feel too hard to raise. We worry about saying the wrong thing. And it's often wrongly seen as just part of getting older. But silence protects stigma, not people.



That silence has a cost.

For individuals: delayed diagnoses, isolation, not knowing where to turn, and missing the window for treatments that can slow progression.

For all of us: when dementia stays out of the national conversation, we can't recognise the need, improve care, or build the services Australia increasingly needs.

REASON 3

**Talking connects
people to help they
don't know exists.**



Too many Australians face dementia without knowing where to turn – unaware of the support, the information and community waiting for them.

Anyone can call the National Dementia Helpline, 24/7, with concerns or questions.

1800 100 500

Conversation is the bridge to help.

REASON 4

**Starting a conversation
helps us live better,
together.**



Ask questions and listen to people with living experience, and you gain something: their humour, their stories, their insight into what makes life with dementia richer.

Talking grows the community of people who understand. Join the conversation, and you help others find it too.





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spread the word.

National Dementia Helpline
1800 100 500

Free, confidential, 24/7

Email | Live chat | Personal
or professional referrals



Dementia Australia®