‘Dementia’ is the name given to a large group of symptoms: changes to or loss of memory, thinking, language skills, and ability to carry out everyday activities. These symptoms are the result of damage to brain cells, and this damage gets worse over time.

Some key facts:

• A large number of illnesses can cause dementia.
• Alzheimer’s disease is the most common form, but there are over 100 other types of dementia.
• Dementia is not a normal part of ageing.

To find out more, go to www.ozcare.org.au/dementia-care/
Can dementia be prevented?

There is no known cure for dementia, but researchers now agree that you can help prevent dementia by:

- looking after your heart
- keeping up physical activity
- keeping mentally active
- following a healthy diet
- keeping up with social activities

For a person already living with dementia, these activities can help promote brain health and performance.

To find out more, go to www.yourbrainmatters.org.au
What does it mean to live well with dementia?

A diagnosis of dementia doesn’t mean everything has to stop.

• Keeping up with friends and regular activities – possibly with some adjustments – is a great approach.
• Being active, healthy and well rested matters.
• Feeling valued, listened to and understood by others is vital. This relies on good communication from others: speak patiently, clearly, and use simple questions.

To find out more, go to www.ozcare.org.au/dementia-care/
What is a dementia-friendly community?

Local communities can offer lots of support to help people live well with dementia.

- It begins with tackling stigma – many people are afraid to talk about dementia.
- Raising awareness about dementia is important.
- People with dementia say that environments make a big difference to how they manage: for example, noisy situations can make it hard to process what is going on around you.

To find out more, go to www.ozcare.org.au/dementia-care/
What is the Dementia Advisory and Support Service?

Ozcare’s Dementia Advisory and Support Service is here to offer information and support to people with dementia and their families.

For some, this may mean support to go through a diagnosis process, if they are concerned about their memory. For others, it may mean help to get to grips with dementia: for example, suggestions for facing daily challenges.

We can visit you in your own home or wherever you feel comfortable to speak – either face-to-face or by telephone.

To find out more, go to www.ozcare.org.au/dementia-care/
Dementia Advisory and Support Service

Call us on 1800 Ozcare (1800 692 273) or visit ozcare.org.au