



Why not refer a friend to be a friend?

Most people know someone who is impacted by dementia. It is likely one of your friends may be impacted directly, or know someone who is. Why not refer a friend to be a Dementia Friend? Together, we can be the change more than 425,000 Australians deserve.

Head to dementiafriendly.org.au and start making a difference today.



For more information about dementia and support

Call the **National Dementia Helpline on 1800 100 500** or visit **dementia.org.au**.

Dementia Australia is the national peak body and charity for people of all ages, living with all forms of dementia, their families and carers. Dementia Australia provides advocacy, support, education and information for the estimated 425,000 people living with dementia in Australia.



For more information visit:
dementiafriendly.org.au

Dementia Friends

It starts with you.



dementia
friendly
communities

What is a Dementia Friend?

A Dementia Friend is someone who wants to make a positive difference to the lives of people living with dementia through increased awareness and support.

Even small changes can help support people living with dementia to remain included, accepted and connected with their community.



Why become a Dementia Friend?

An estimated 425,000 Australians are living with dementia. It impacts the individual living with the condition as well as their loved ones who often provide the support and care.

People living with dementia can find it challenging to participate actively in the community due, in part, to a lack of knowledge or understanding of the condition among the general public and how it can impact people.

By becoming a Dementia Friend, and increasing your awareness of dementia and its impacts, you can help a family member, friend, neighbour or co-worker living with dementia feel accepted, safe, included and involved.

A little understanding and kindness can go a long way.



How do I become a Dementia Friend?

It's simple! To become a Dementia Friend visit dementiafriendly.org.au.

Here you will find information about the Dementia Friends program, listen to people with dementia share their stories and be guided through a short module designed to increase your understanding of dementia and its impacts. By having a better understanding of dementia, you are empowered to do small, everyday things that can make a difference to someone with dementia.

Upon completion of the module you will receive a Dementia Friend certificate and badge.

