

Thursday 16 August 2018

## **Dementia Awareness Month 2018 - Small actions Big difference**

Australians are encouraged to get involved in Dementia Awareness Month this September to help improve the lives of people living with dementia, their families and carers.

Dementia Australia CEO Maree McCabe said Dementia Awareness Month is Dementia Australia's national awareness-raising campaign held every year throughout September. This year's theme is **Small actions Big difference**.

"This September, during Dementia Awareness Month, we will be highlighting the small actions people can take to create a big difference for people living with dementia, their families and carers," Ms McCabe said.

"For Dementia Awareness Month 2018, we are inviting the community to pledge their support by becoming a Dementia Friend to make a positive difference to the lives of people living with dementia, their carers and families, through increased awareness and support.

"Through the Dementia Friends program, we aim to transform the way we, as a community, think, act and talk about dementia. Join us and thousands of others who have already signed up to become a Dementia Friend. Head to [dementiafriendly.org.au](http://dementiafriendly.org.au) and start making a difference today."

There will other ways people can get involved in Dementia Awareness Month There are a number of events being held across the country throughout the month and we would be delighted to see you there.

The feature activity of Dementia Awareness Month is the **Small actions Big difference Roadshow**, featuring local Dementia Advocates, Dementia Australia Ambassadors and some of Australia's leading researchers.

The **Small actions. Big difference. Roadshow** will be in:

- Brisbane on 4 September
- Darwin on 6 September
- Hobart on 11 September
- Sydney on 12 September
- Melbourne on 13 September
- Perth on 17 September
- Adelaide on 18 September
- Canberra on 20 September

There will also be local events to raise awareness about dementia and encourage participants to become a Dementia Friend. Head to [dementia.org.au](http://dementia.org.au) to find out more.

As well, Dementia Australia's National Collection Day will be taking place on Thursday 20 September. Collection Day is the flagship fundraising event for Dementia Awareness Month 2018. Volunteers will be at major train stations and shopping centres in Melbourne, Sydney, Adelaide, Brisbane, the Gold Coast and Canberra. For more information on how to donate or get involved, head to [dementia.org.au](http://dementia.org.au).

**Dementia Awareness Month 2018 – Learn more. Attend an event. Show your support. Become a Dementia Friend. We look forward to welcoming you.**

-Ends-

Dementia Australia is the national peak body and charity for people, of all ages, living with all forms of dementia, their families and carers. It provides advocacy, support services, education and information. An estimated 425,000 people have dementia in Australia. This number is projected to reach more than 1.1 million by 2056. Dementia Australia is the new voice of Alzheimer's Australia. Dementia Australia's services are supported by the Australian Government.

**National Dementia Helpline 1800 100 500**

**Interpreter service available**

(The National Dementia Helpline is an Australian Government Initiative)

**Dementia is a National Health Priority Area**

[www.dementia.org.au](http://www.dementia.org.au)

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When talking or writing about dementia please refer to [Dementia-Friendly Language Guidelines](#).