

Key facts and statistics

Updated January 2023

Australian statistics

- Dementia is the **second leading cause of death** of Australians.¹
- Dementia is the **leading cause of death** for women.²
- In 2023 it is estimated there are **over 400,000 people** living with all forms of dementia. This figure is projected **to increase to over 800,000 by 2058**.³
- In 2023 it is estimated there are over **28,650 people** living with younger onset dementia. This figure is projected to increase to over **42,400 by 2058**. This can include people in their 30s, 40s and 50s.⁴
- In 2023 it is estimated that over 1.5 million people in Australia are involved in the care of someone living with dementia.⁵
- 2 in 3 people with dementia are thought to be living in the community.⁶
- **More than two-thirds** (68.1%) of aged care residents have moderate to severe cognitive impairment.⁷

Dementia risk reduction

Being brain healthy is relevant at any age, whether you are young, old or in between. However, it is particularly important once you reach middle age as this is when changes start to occur in the brain.

While we cannot change getting older, genetics or family history, scientific research suggests that changing certain health and lifestyle habits may make a big difference to reducing or delaying your risk of developing dementia.

There are 12 recommendations for reducing risk for cognitive decline released by the World Health Organisation:⁶

1. Be physically active
2. stop smoking
3. eat a balanced diet, like the Mediterranean diet
4. drink alcohol in moderation
5. cognitive training
6. be socially active
7. look after your weight
8. manage any hypertension
9. manage any diabetes
10. manage any cholesterol
11. manage depression
12. look after your hearing and manage hearing loss.

What is dementia?

Dementia is the term used to describe the symptoms of a large group of illnesses which cause a progressive decline in a person's functioning. It is a broad term used to describe a loss of memory, intellect, rationality, social skills and physical functioning. There are **many types of dementia** including Alzheimer's disease, vascular dementia, frontotemporal dementia and Lewy body disease. Dementia can happen to anybody, but it is more common after the age of 65.

Who is Dementia Australia?

Dementia Australia is the source of trusted information, education and services for the estimated half a million Australians living with dementia, and the almost 1.6 million people involved in their care. We advocate for positive change and support vital research. 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.

1. Australian Institute of Health and Welfare (2022) Dementia in Australia, AIHW, Australian Government, accessed 20 January 2023.
2. Australian Institute of Health and Welfare (2022) Dementia in Australia, AIHW, Australian Government, accessed 20 January 2023.
3. Australian Institute of Health and Welfare (2022) Dementia in Australia, AIHW, Australian Government, accessed 20 January 2023.
4. Australian Institute of Health and Welfare (2022) Dementia in Australia, AIHW, Australian Government, accessed 20 January 2023
5. Based on Dementia Australia's analysis of the following publications - Department of Health and Aged Care, 2020 Aged Care Workforce Census Report, 2020, p. 6; Australian Institute of Health and Welfare (2022) Dementia in Australia, AIHW, Australian Government, accessed 20 January 2023
6. Australian Institute of Health and Welfare (2022) Dementia in Australia, AIHW, Australian Government, accessed 20 January 2023.
7. AIHW suggests that more than half of all aged care residents have dementia: Australian Institute of Health and Welfare (2022) Dementia in Australia, AIHW, Australian Government, accessed 20 January 2023
8. World Health Organisation, Risk Reduction of Cognitive Decline and Dementia, 2020.
http://www.who.int/mental_health/neurology/dementia/english_foreward_executive_summary_dementia_guidelines.pdf
See also: Livingston G, Huntley J, Sommerlad A, et al. Dementia prevention, intervention, and care: 2020 report of the Lancet Commission. The Lancet 2020.