



National Dementia Action Plan: overview for Aboriginal and Torres Strait Islander people

This document is about the National Dementia Action Plan 2024-2034. We call this the 'Action Plan'.

About dementia

Dementia is a growing health problem that can significantly affect individuals, families and carers. More than 400,000 Australians live with dementia, with this number set to more than double by 2058. There are actions you can take to reduce your risk of dementia and slow down symptoms. This includes maintaining good physical and mental health.

About the Action Plan

The Action Plan is made up of 8 actions. Each action can make real and long-lasting improvements to the quality of life for Australians living with dementia:

1. Promote equity and human rights
2. Tackle stigma, improve awareness and promote inclusivity
3. Empower individuals and communities to minimise risk where they can, and delay onset and progression
4. Improve dementia diagnosis and post diagnostic care and support
5. Improve treatment, coordination and support for people living with dementia
6. Support carers of people living with dementia
7. Build capability of the workforce to care for and support people living with dementia
8. Improve dementia data, maximise the impact of dementia research and promote innovation.

How it was developed

We developed the Action Plan by working with people with dementia, their families and carers. We also spoke to organisations, health professionals, researchers, aged care and disability support providers. This included the National Aboriginal Community Controlled Health Organisation.

How it will be delivered

The Action Plan is a shared plan between the Australian, state and territory governments. We will carry it out through a series of smaller plans. The first stage we carry out will focus on helping with immediate needs and will start in 2025.

How progress will be tracked

The National Centre for Monitoring Dementia will collect data and track the Action Plan's progress. Each year, the Centre will update an online 'Action Plan Dashboard' to show how things are going.

How the Action Plan will support Aboriginal and Torres Strait Islander people

The goal of these 8 actions is to lower the risk of dementia and help everyone understand dementia. The Action Plan will also help improve services for people living with dementia, their families, and their carers.

The table below outlines how the Action Plan will directly support Aboriginal and Torres Strait Islander people.

Action 1: Promote equity and human rights

- Make it easier for Aboriginal and Torres Strait Islander people to access culturally appropriate dementia information, care and support.
- Align programs and funding with national agreements. This will help to grow the community-controlled health sector to support Aboriginal and Torres Strait Islander people living with dementia. It will also help to provide local community led dementia care and support.

Action 2: Tackle stigma, improve awareness and promote inclusivity

- Work with different communities to create dementia information and resources, including for Aboriginal and Torres Strait Islander people, people from culturally diverse backgrounds, women and girls, young people, people with disability, and LGBTIQ+ communities.

Action 3: Empower individuals and communities to minimise risk where they can, and delay onset and progression

- Raise awareness about how to reduce the risk of dementia and delay its progression. This includes health promotion and prevention programs that support overall health.
- Promote the importance of brain health to all Australians.
- Support high-risk and diverse communities in partnership with their communities.

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Action 4: Improve dementia diagnosis and post diagnostic care and support

- Set up memory clinics in specific Aboriginal Controlled Community Health Organisations and Aboriginal Controlled Community Organisations.
- Develop culturally appropriate brain health assessment tools in partnership with communities and experts, and train health professionals to use them.
- Improve support, care coordination and planning for people living with dementia and their carers following a dementia diagnosis. This includes Aboriginal and Torres Strait Islander communities.

Action 5: Improve treatment, coordination and support for people living with dementia

- Promote culturally appropriate palliative care options, advice and resources about advanced care planning and palliative care for Aboriginal and Torres Strait Islander communities.

Action 6: Support carers of people living with dementia

- Educate and train carers and families to improve their knowledge of dementia and its progression, including carers from Aboriginal and Torres Strait and other diverse communities.

- Improve access to emergency or residential respite care from the community or hospital, including for carers from Aboriginal and Torres Strait Islander communities.

Action 7: Build capability of the workforce to care for and support people living with dementia

- Provide training for carers and workers from Aboriginal and Torres Strait Islander and other diverse communities who want to work in dementia care.

Action 8: Improve dementia data, maximise the impact of dementia research and promote innovation

- Raise awareness of outcomes for Aboriginal and Torres Strait Islander people living with dementia.

More information

To read the full National Dementia Action Plan 2024-2034, visit the [Department of Health and Aged Care website](#).

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