

The people keeping Australia's dementia crisis together have been invisible. Until now.

AiCarer and reMYnd announce a landmark partnership to protect the brain health of Australia's 1.7 million carers, while they care for someone typically with cognitive decline.

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Dementia is now Australia's leading cause of death. It claimed more than 17,500 lives in 2024 alone, and an estimated 446,500 Australians are living with it today. That number is projected to pass one million by 2065. Behind every one of those people stands a carer: a partner, a son, a daughter, a friend. Around 1.7 million of them in Australia, most of them family, most of them unpaid, most of them running on empty. And almost none of the conversation about dementia has ever been about them.

It should have been. The chronic stress, disrupted sleep, physical exhaustion and social isolation that come with caring for someone with cognitive decline like dementia are, independently, among the many risk factors for developing dementia yourself. Up to 45 per cent of dementia cases are linked to modifiable factors. That means there is something that can be done. And until now, nobody had built it for carers.

Today, AiCarer and reMYnd announce a partnership to change that.

AiCarer is an Australian care monitoring platform already trusted by carers across Australia to help an older person age safely at home. Using everyday wearables, it learns each person's own daily rhythms over time and surfaces meaningful changes quietly, so a carer can check in early rather than lie awake worrying. Its live work with Carers Queensland tells the story: 62.5 per cent of carers reported feeling less worried, three in four would recommend it, and carers reclaimed between five and ten hours a week.

reMYnd is a clinician-built dementia prevention program created by Naomi Ferstera, an Accredited Exercise Physiologist, researcher and PhD candidate who built it over two decades of clinical practice and through the lived experience of losing her own mother to Alzheimer's disease. The program brings eight evidence based domains of brain health together into a practical 12 month program: exercise and movement, nutrition, sleep, cognitive stimulation, stress regulation, social connection, meaning and purpose, and sensory health.

Through this partnership, reMYnd will be delivered through the AiCarer platform. For the first time, the same wearable a carer uses to watch over a mum or dad can now help that carer notice and act on their own brain health patterns too. Without stepping away. Without adding another thing to the list. The caring does not stop. The protection starts alongside it.

"We built AiCarer so carers could breathe a little easier knowing someone was keeping a gentle eye on the person they love. When we found Naomi's work, it was immediately obvious. The carer wearing the same wristband, carrying the same worry every day, now has something looking out for them too. That felt like exactly the right thing to build next."

Yazz Krishna, Founder, AiCarer

"Up to 45 per cent of dementia cases are linked to modifiable factors, and the lifestyle factors that protect the brain are exactly the ones carers tend to sacrifice first. I know what it costs to care for someone through Alzheimer's because I lived it. Bringing reMYnd into AiCarer means the science finally reaches the people who need it most, in a way that actually fits around a life spent caring for someone else."

Naomi Ferstera, Founder, reMYnd

Registrations of interest are open now, ahead of a full August launch at the initial launch price of \$50 per month. To register, visit <https://remynd.com.au/launch>

ABOUT AICARER

AiCarer is an Australian care monitoring platform that helps families and care organisations support older people ageing in place. Using everyday wearables, the platform learns each individual's own daily patterns over time and surfaces meaningful changes, so carers can check in early and worry less. AiCarer is non-diagnostic and is designed to work alongside professional care. It's new Voice Agent Ayla extends this care to people who are not able to use a wearable, using nothing more than the phone check-ins. Aicarer.app

ABOUT REMYND

reMYnd is a clinician-built brain health program founded by Naomi Ferstera, an Accredited Exercise Physiologist, Exercise Scientist and Nutritionist. Built on more than two decades of clinical practice and current dementia prevention research, it delivers eight evidence-based pillars of brain health in a practical 12-month program. reMYnd provides general educational and lifestyle guidance and is not a substitute for personalised medical advice. remynd.com.au

MEDIA ENQUIRIES

Naomi Ferstera, reMYnd hello@remynd.com.au

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AiCarer is non-diagnostic. The platform notices, flags and surfaces patterns only. It does not provide medical, diagnostic or clinical advice. reMYnd provides general educational information and lifestyle guidance only and is not a substitute for personalised care from a qualified healthcare professional.