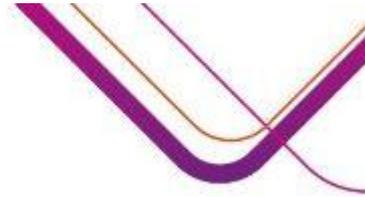


This is an email from the Young Dementia Network sharing Network and young onset dementia related news and information

Young Dementia Network News - November 2021



How does young onset dementia feature in our government's national dementia plans?

If only I could answer that question for you! Hard, fast work is happening now to launch a new strategy early 2022.

Too much needs to happen, too little time to do it in, too many people want to be involved and too few people can contribute effectively. Many people are trying hard in difficult circumstances with an opaque process to help draw up realistic plans which offer hope to all affected by dementia.

And we will keep on, in different ways, at different levels, trying to ensure the inclusion of young onset. Hats off to the **DEEP - I call on the government to...** report featured in this News.

Best wishes

Tessa Gutteridge

Chair, Young Dementia Network

PS One year ago the Young Dementia Network changed hosts following the merger of YoungDementia UK with Dementia UK. With Dementia UK's support, our Network community has an exciting future - read about our progress [here](#).

Watch a recording of our November webinar - Financial Securi-tea - financial issues affecting people with young onset dementia and their families [here](#).

Our webinars are taking a break in December but you can catch up with all our past webinars on our [website](#).



Steve's story

Steve's wife Julie was diagnosed with young onset dementia in her early 50s. Like many others, they struggled to find age-appropriate support services locally.

In this Dementia UK interview, Steve share what he thinks needs to change to ensure better support for younger people with dementia - click [here](#).

Steve was also interviewed recently on BBC Three Counties Radio where he shared his and Julie's experience in more detail. It is an excellent interview and is well worth a listen. The interview starts at 42 mins 42 seconds. Listen via this [link](#).

Young onset dementia research round up

Involvement opportunity

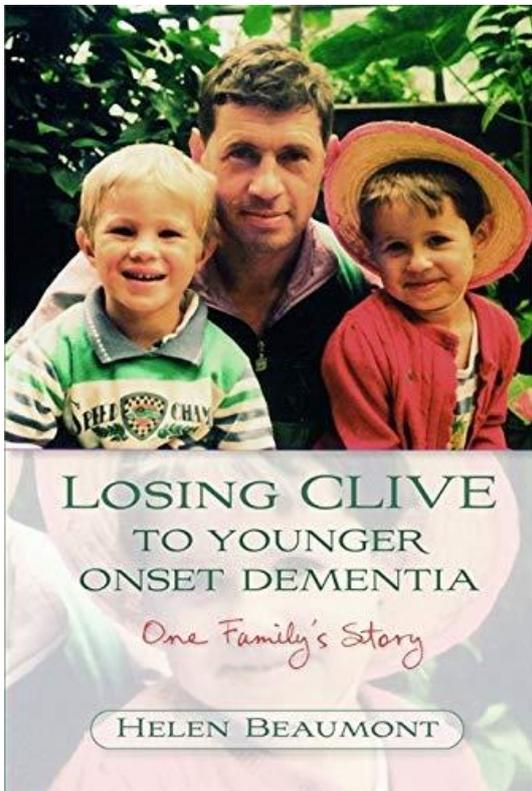
Research study looking at staff perspectives on supporting people with young onset dementia

Thomas Faulkner, Assistant Psychologist would like to speak to people who work in services that support people with young onset dementia and are interested in sharing their experiences. Find out more [here](#) or email

Thomas.faulkner@merseycare.nhs.uk

Do you have lived experience of moderate or later stage frontotemporal dementia?

This research study aims to improve understanding of physical, psychological, social and spiritual needs for people with frontotemporal dementia. Find out more [here](#) or email ali-rose.sisk.19@ucl.ac.uk



Dementia book giveaway

We have **FOUR** copies of [Losing Clive to younger onset dementia](#) by Helen Beaumont to give away to Young Dementia Network members.

First published in 2009, the book tells how Clive was diagnosed with dementia at the age of 45, when his children were just three and four years old. His wife, Helen, shares how they made it through the next six years until Clive sadly died.

If you would like to be entered into the book giveaway, please [email us](#) with your full name and postal address by Tuesday 30th November 2021. The winner will be drawn at random.

Congratulations to Katharine Cutfield who was the winner of the Why dementia makes communication difficult book giveaway in the October issue of Young Dementia Network News.

If you weren't lucky enough to win, you can still get a 25% discount off the purchase price if you buy the book via the [Jessica Kingsley Publishers website](#) and use discount code DEMCOM at checkout. Valid until 31st December 2021.

Young onset dementia / dementia related news

Wendy Mitchell - best-selling author and Young Dementia Network steering group member - features in dementia campaigner and blogger Pippa Kelly's latest Well I Know Now podcast. Wendy talks about living with young onset dementia and how she feels it's possible to live a rewarding life with the condition. Listen [here](#).

Rare Dementia Support has launched new frontotemporal dementia / Primary Progressive Aphasia regional support groups in Liverpool and Scotland. The groups are open to family members and people with a diagnosis

of FTD / PPA who live in the area. For more details, please email r.mckee-jackson@ucl.ac.uk.

Eating well with dementia is a new cookery book created by Young Dementia Leeds, available via **Amazon** for £14.99. Read more about the book [here](#).

Ambitious plans announced for an outdoor dementia centre in the Cairngorms, Scotland to help enable people with dementia and their family members to access the outdoors. Read more [here](#).

DEEP - I call on the government to... Over the coming months, three of the four UK countries (England, Scotland, and Wales) will be working on new national strategies / action plans for dementia. DEEP believe that the voices, experiences, wishes and needs of people with dementia should be at the heart of these plans, so they invited people with lived experience to share what they would like their governments to do. Read DEEP's I call on the government to... publication [here](#).

Ask an Admiral Nurse

The graphic features four small portrait photos of the speakers: Vic Lyons, Jules Knight, Hannah Gardner, and Steve Didcott with his wife Julie. Below each photo is their name and title.

Vic Lyons Senior Consultant Admiral Nurse	Jules Knight Consultant Admiral Nurse for Young Onset Dementia	With special guest Hannah Gardner Admiral Nurse at Rare Dementia Support	With special guest Steve Didcott who cares for his wife Julie
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Young onset dementia Twitter Space

Dementia UK host monthly Twitter Spaces; live, audio-only conversations on Twitter. Their next event is themed around young onset dementia and takes place on Tuesday 30th November at 5.30pm.

Senior Consultant Admiral Nurse Vic Lyons and Consultant Admiral Nurse for Young Onset Dementia Jules Knight will be discussing barriers families with young onset dementia might face, and support that is available. Special guests Hannah Gardner, Admiral Nurse at Rare Dementia Support, and Steve Didcott, who cares for his wife Julie with young onset dementia, join them.

Anyone with a Twitter account can join, and request to speak if they would like. To set a reminder, or join the Space live, click [here](#).

Young onset dementia seminar

Age Exchange is running a free Zoom seminar titled, 'Listen to what I'm saying' - Supporting people with young onset dementia and their carers on Thursday 2nd December 2021 from 10am-1pm.

The seminar is aimed at care givers, dementia care professionals, GPs, care managers, policy makers, commissioners and funders.

It will provide an opportunity to hear directly from people who live with young onset dementia who will share their experience of diagnosis, of living with the condition and the many challenges they face to access services and live the best lives possible with the condition.

Family members will share their personal experience of supporting their partner or relative whilst working and raising a family.

Sign up or find out more [here](#).

Thank you to everyone took part in the recent Dementia UK young onset dementia information resources survey. They are currently in the process of analysing the responses and we hope to be able to share some of the findings with you in the new year.

Resource showcase: Personal Checklist

Our Personal checklist, endorsed by Alzheimer's Research UK, Dementia UK and Rare Dementia Support, is a resource that is for anyone who has concerns about the signs and symptoms of young onset dementia.



Why we created this checklist

Over 25,000* people are living with young onset dementia in the UK

- The early signs of dementia vary from person to person but often affect more than memory, particularly in a younger person

Symptoms of young onset dementia can mimic and be confused with those of other conditions such as depression, menopause and stress. Dementia may be overlooked in a younger person

We have created this personal checklist to make people more aware of some of the common signs and symptoms of young onset dementia, to help them understand the symptoms a person experiences and to help guide a conversation with a GP or health professional.

This is a risk-free checklist tool, to find out more information about young onset dementia, visit dementiauk.org/young-onset-dementia

*Alzheimer's Research UK, Alzheimer Society

Do you recognise any of the following signs relating to memory, communication, vision, balance, behaviour, personality and movement?

Tick all of the signs that apply to you.

Are you aged 65-70?

Are you feeling less able to carry out day to day tasks?

Are you finding it difficult to remember names of people you meet?

Do you find it difficult to see things that are right in front of you?

Do you have trouble with things that used to be easy for you?

Do you find it difficult to follow a recipe or a plan?

Do you find it difficult to remember names of people you meet?

Do you find it difficult to see things that are right in front of you?

Do you have trouble with things that used to be easy for you?

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Do you find it difficult to see things that are right in front of you?

It is not a diagnostic tool but is intended to be used as a checklist which individuals can use to record symptoms they, or a family member or friend, may be experiencing and then, if necessary, use it to aid a discussion with their GP.

It is available to download or can be requested in paper format, click [here](#). Check out the other Young Dementia Network resources [here](#).



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