

Have you or someone you know been diagnosed with young onset dementia?

If so, you may need information about

- **Types of young onset dementia**
- **Sharing the diagnosis with family and friends**
- **Employment, financial and legal planning**
- **Practical and emotional matters**
- **Finding other people and support in your local area**

You are not alone. There are over 70,800 people in the UK living with young onset dementia. Here are some charities who can help.



Dementia UK dementiauk.org

The Admiral Nurse Dementia Helpline (0800 888 6678) offers practical and emotional support around young onset dementia, whilst their community based Admiral Nurses provide one-to-one specialist dementia support to families. The Dementia UK website also provides information about young onset dementia.



Alzheimer's Society alzheimers.org.uk

Offers useful factsheets and publications about young onset dementia, including a guide to understanding your diagnosis. Their website has a dementia directory listing local support groups and services, plus an online forum, Talking Point, where you can connect to others affected by young onset dementia.

Rare Dementia Support

Advice Community Learning

Rare Dementia Support raredementiasupport.org

Rare Dementia Support aims to empower, guide and inform everyone affected by rare dementias. They provide specialist support through group meetings that bring people together to share their experiences, newsletters and direct support by email and telephone.



together in dementia everyday

tide tide.uk.net

tide, 'together in dementia everyday', believes that carers and former carers have the experience and knowledge to improve health and social care, research, and policy development throughout the UK. They offer a number of online groups including a young onset dementia carers group which meets monthly, providing a safe space for family carers to share their experiences.



Dementia Carers Count dementiacarers.org.uk

Dementia Carers Count provides free support courses for family and friends caring for someone with dementia, including young onset dementia. To find out more about their services, or to book onto a course or a Live Online Learning session please visit their website.



Young Dementia Network youngdementianetwork.org

The Young Dementia Network, hosted by Dementia UK, is a community of people affected by young onset dementia and professionals who work in health and social care. The Network collaborates with its members to improve the lives of people with young onset dementia and their families now and bring about significant changes that will have a lasting benefit for people living with the condition in the future.

This leaflet was created by the Young Dementia Network.
The Network is hosted by Dementia UK.

Dementia UK is a registered charity in England and Wales (1039404) and Scotland (SC047429).

08/2022