



Are you or someone you know aged under 65 and concerned about dementia?

It is a good idea to speak to your GP if you start to notice

- **Changes in behaviour and personality**
- **Memory issues**
- **Problems with balance and movement**
- **Communication issues**
- **Visual and spatial problems**
- **Changes in ability levels and skills**

Dementia is considered 'young onset' when it affects people **under 65 years of age**. Over **70,800** people live with young onset dementia in the UK. Problems with **language, vision, balance and behaviour** may be the first symptoms rather than **memory loss**.

Here are some organisations who can provide more information on young onset dementia



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.



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.

The Young Dementia Network has created a guide for your GP to help them to recognise the symptoms of young onset dementia. Ask them to look up youngdementianetwork.org/gp-guide