



Season's greetings

This year interest in young onset dementia has grown, membership in the Network has increased, our understanding of prevalence has improved and our newly launched webinars offered opportunities to learn from each other. You can find out more about our achievements in the past year on our [website](#).

Looking ahead, our steering group will consider the insights, research and potential approaches we could work together on to improve the experience of young onset dementia diagnosis. We will keep you posted.

Thank you to all our members for your expertise, time and energy. Let's keep the momentum going. It feels more important now than ever before.

Tessa Gutteridge

Chair, Young Dementia Network

Young onset dementia webinars

Changing perceptions of diagnosis webinar

Our next webinar – Young onset dementia: changing perceptions of diagnosis – will take place at 12.30pm on Wednesday 8th February 2023.

Presented by Dr Susan Mitchell, Head of Policy at Alzheimer's Research UK, alongside a panel of experts, the webinar will focus on the preferences of people living with dementia, the shifting political landscape and how advances in research and drug discovery can help the dementia diagnosis pathway evolve.



8th February 2023



12.30-1.30pm

[Sign up here](#)

Improving the diagnosis process for people with atypical dementia symptoms

Our webinar on Wednesday 15th March 2023 will be presented by Rare Dementia Support.

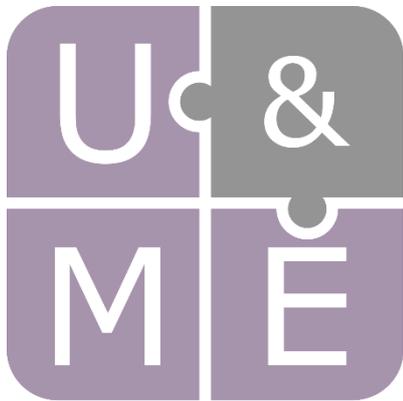
It will focus on improving the diagnosis process for people with atypical dementia symptoms.

 **15th March 2023**

 **12.30-1.30pm**

[Sign up here](#)

U & Me campaign update



DEMENTIA FORWARD

Dementia Forward's U & Me campaign launched on 31st October 2022. It is a national campaign which aims to increase awareness, share models of appropriate care and support and instigate change for people living with young onset dementia.

The campaign has already attracted interest from across the UK and as far afield as New Zealand and the United States, and was featured on BBC Look North. Watch [here](#).

The charity is asking people to sign up and show support for their campaign by visiting youngonsetdementia.org.uk. Every person who signs up will help build a picture of the support that is currently available and gaps that need identifying.

Next year, Dementia Forward will host its first U & Me conference on 15th May 2023 in the Wetherby area of West Yorkshire.

Poems – What does support mean to you?

Rare Dementia Support

Advice Community Learning

Rare Dementia Support (RDS) has published a collection of poems titled, What does support mean to you?

The poems were produced by people affected by rare dementias who participated in their Community Group Poetry Project.

Over the course of a year, 177 RDS members contributed words to create eight unique poems, facilitated by consultant poet Lawrence Wilson. They provide a vivid perspective on the experiences of support for people living with rarer dementias and their carers. RDS believes it is the largest group of people affected by rarer forms of dementia to create poetry anywhere in the world.

The poems are not easy reading but they capture the intensity of living with rarer dementias and most importantly, are written in people's own words. Read the collection of poems [here](#).

Young onset dementia and dementia-related news

Exciting Trustee appointment for Chris Maddocks

We'd like to congratulate Chris Maddocks, who is living with young onset [vascular dementia](#), Parkinson's disease and [dementia with Lewy bodies](#), on her appointment as a Trustee of the Alzheimer's Society. Her lived experience of dementia will be a fantastic asset to their Board of Trustees.

Honorary doctorate awarded to Michael Andrews

Michael Andrews, 63, was diagnosed with posterior cortical atrophy (PCA) in 2017.

Since his diagnosis he has worked tirelessly to raise awareness and educate health professionals about the condition. He has been made an Honorary Doctor of Health by the University of Bradford – a very well-deserved award. Read more [here](#).

DEEP 10th anniversary festival recordings

During the week of the 5-9th December 2022, the Dementia Engagement and Empowerment Project (DEEP) celebrated its 10th anniversary with a series of inspiring talks, films, podcasts, conversations and discussions. Many featured people living with young onset dementia. Watch the recordings [here](#).

Dementia Pathfinders training courses 2023

Dementia Pathfinders has released its course programme for 2023. The courses are suitable for people who work with people living with dementia, for example as a dementia carer, care worker, healthcare assistant or support/key worker. Find out more [here](#).

Council tax rebate for people living with dementia

The Money Saving Expert Team is keen to remind people during these tough economic times that a discount may be available on council tax for people with dementia, Parkinson's disease, severe learning difficulties or who have had a stroke. For more information on eligibility and how to claim the discount, click [here](#).

Young onset dementia research round-up

Recently published research

Peer support through video meetings: Experiences of people with young onset dementia

Esther Gerritzen, Gianna Kohl, Orie McDermott

Read the research article [here](#).

Development of best practice guidance on online peer support for people with young onset dementia: Protocol for a mixed methods study

Esther Vera Gerritzen, Orie McDermott, Martin Orrell

Read the research article [here](#).

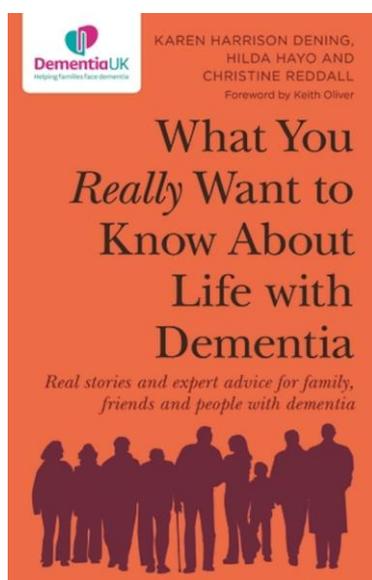
In it together: A qualitative meta-synthesis of common and unique psychosocial stressors and adaptive coping strategies of persons with young onset dementia and their caregivers

Sarah Bannon PhD et al
Read the research article [here](#).

For current dementia research opportunities, click [here](#), or visit the [Join dementia research](#) website.

To view a collection of research relating to young onset dementia, click [here](#).

Book giveaway: What you really want to know about life with dementia

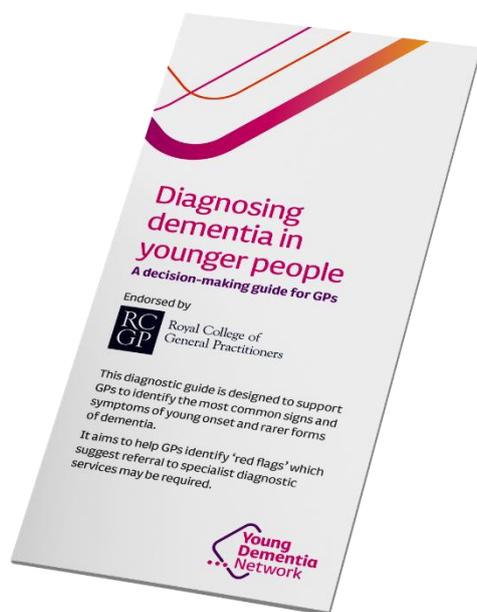


What you really want to know about life with dementia: real stories and expert advice for family, friends and people with dementia is a new book by Karen Harrison Dening, Hilda Hayo and Christine Reddall. It goes on sale on 21st December 2022, but is available to pre-order now.

The book includes questions around diagnosis, peer support, balancing risks, care transitions and end of life planning. Three of the chapters focus on young onset dementia, and references are made to it throughout.

Jessica Kingsley Publishers have kindly given us a free copy of the book to give away. If you would like your name to be put into the draw, please [email us](#) by Sunday 8th January 2023 with your full name and address.

Resource showcase: Decision-making guide for GPs



Our Decision-making guide for GPs, endorsed by the Royal College of GPs, aims to aid the recognition by doctors of the symptoms of dementia in younger people.

It currently takes twice as long – on average 4.4 years – for a younger person to receive a dementia diagnosis as it does an older person. By creating this guide for GPs, we hope to raise awareness of young onset dementia and the wide range of symptoms someone may experience – often many more than memory loss – which may prompt them to visit their GP.

[Download here](#)

If you know of any helpful young onset dementia resources, please share them with us.

[Email us](#)

[Visit our website](#)

[Join the Network](#)

[Our resources](#)



Contact us

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The Young Dementia Network is hosted by Dementia UK.

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