

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 42,000 people in the UK living with young onset dementia. Here are some charities who can help.



YoungDementia UK

www.youngdementiauk.org

YoungDementia UK's website shares information and personal stories covering all aspects of life with young onset dementia. The Find Support section includes a nationwide listing of young onset support groups and services. They also send out regular newsletters and are active on Twitter and Facebook.



Alzheimer's Society

www.alzheimers.org.uk

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



Dementia UK

www.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.

Rare Dementia Support

Advice Community Learning

Rare Dementia Support

www.raredementiasupport.org

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



Young Dementia
Network

Young Dementia Network

[www.youngdementiauk.org/
young-dementia-network](http://www.youngdementiauk.org/young-dementia-network)

The Young Dementia Network is a community of people living with young onset dementia, their family and friends, and professionals who work in dementia and social care. **Free to join**, it provides opportunities to connect with others and share experience and ideas via events and newsletters.

The Network is guided by a collaborative group that includes the above organisations.

Useful local contacts