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

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 www.youngdementiauk.org/gp-guide
Dementia is considered ‘young onset’ when it affects people under 65 years of age. Over 42,000 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 charities who can provide more information.

**YoungDementia UK**
[www.youngdementiauk.org](http://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](http://www.alzheimers.org.uk)
Offer useful factsheets and publications about young onset dementia, including a guide to understanding your diagnosis. Dementia Connect is their online support service directory. They also provide an online forum, Talking Point, where you can connect to others affected by young onset.

**Dementia UK**
[www.dementiauk.org](http://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**
[www.raredementiasupport.org](http://www.raredementiasupport.org)
Rare Dementia Support run specialist support services for individuals living with, or affected by, rare dementia diagnoses. They provide regular support group meetings, newsletters and information and advice by telephone and online.

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