What young people told us about having a parent with dementia – and what might help

Pat Sikes and Mel Hall
About the people we spoke with

- They were all at different stages in different situations:
  - Some parents did not yet have a formal diagnosis, others did and some parents had died.
  - Diagnoses of: Young Onset Alzheimer’s; Frontal Temporal Dementia; Posterior Cortical Atrophy; Dementia with Lewy Bodies; Vascular Dementia. At least 1 with a familial variant
  - Some lived with their parents, others did not
  - Affected parent: father (12) and mother (10).
  - We spoke with only children (4), sibling pairings (4) and those with divorced parents (4)
  - We spoke with young children, teenagers and young adults (aged 6 – 31)
• The stories we have heard tell us how HARD and ISOLATING it can be to be a young person with a parent with YOD

• It is okay to feel sad, angry, frustrated, unhappy, to sometimes dislike your parent, to say ‘it’s not fair’
For further information about and publications arising from the project see:

http://cyppd.group.shef.ac.uk