

This is an email from the Young Dementia Network sharing Network related news and information.



## Get involved with the Network in 2019

**Belated happy new year! I hope that you are all well rested and have had a good start to 2019.**

Last year was a very productive year for the Young Dementia Network as we delivered our first ever research event, collaborated with more organisations than ever before and extended our GP Project with a waiting room pilot.

This year we hope to push ourselves even further with

- \* A second research event in Sheffield in June.
- \* New resources for people affected by young onset dementia - we will be asking you for your feedback on them in the March newsletter.
- \* The relaunch of the young onset dementia care pathway.

We have also created feedback surveys for our current **GP Guide** and **Clinic Leaflet** so please fill them in and let us know what you think. You can find out more about the guides by clicking the links below, or order free copies by emailing [network@youngdementiauk.org](mailto:network@youngdementiauk.org)

Wishing you all the very best for 2019,

Donna  
National Development Manager

### 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.



### Diagnosing dementia in younger people

A decision-making guide for GPs

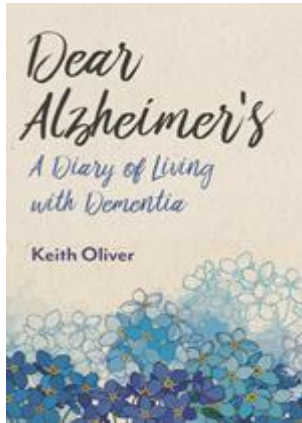
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This diagnostic guide is designed to support GPs to identify the most common signs and symptoms of young onset and rarer forms of dementia.

It aims to help GPs identify 'red flags' which suggest referral to specialist diagnostic services may be required.





## **New book written by Young Dementia Network member, Keith Oliver**

**Keith Oliver was diagnosed with young onset dementia at the age of 55. Unaware at the time that dementia could affect people of this age, he set out to raise public awareness and dispel myths about the condition.**

A valued member of the Young Dementia Network and steering group, Keith's book uses a unique diary format to explain what everyday life with dementia is like, offering both a candid look at its struggles and a profoundly moving account of his journey to live a full life.

Keith has generously agreed to donate 50% of the royalties from his book to the Network / YoungDementia UK. It will be published in April, but you can pre-order it on Amazon [here](#).

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## **Review of the Young Dementia Network Survey**

**In August 2018 we asked for your feedback about the Young Dementia Network.**

181 of you offered your comments on what the Young Dementia Network is doing right, what we need to do better and where you would like to see us focus in the next 12 months.

Please find a link to a four page summary evaluation [here](#).

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## **What will your commitment be to improve life for people affected by young onset dementia in 2019?**



**Every year our Young Dementia Network members work to improve services, resources, information and raise awareness of young onset dementia. This year I would like to capture some of those plans so we can re-look at them in 12 months time.**

My commitment is to reach more people across the UK with the Young Dementia Network and to aim to have 3000 members by September 2019.

Some ideas for you are

To commit to signing 20 people up as Young Dementia Network members this year - this would enable us to reach more people with information and resources. The join up link is [here](#) if you would like to share it.

Commit to piloting our resources within your area and offering feedback on them so they can be improved.

Commit to writing a piece about what you are doing as a Young Dementia Network member so we can include it in the newsletter.

Please send your commitments to me at [network@youngdementiauk.org](mailto:network@youngdementiauk.org) and I will put them on our website.

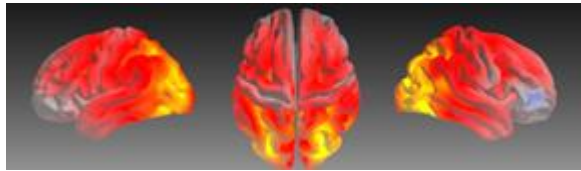
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## Free young onset training sessions for people working within care

**Banyan Home Care Services is offering free bitesize training sessions for people working within the care sector.**

The first of these is due to take place in Wokingham on Tuesday 12 February 2019 and the topic is young onset dementia.

For more information and to register please visit the link [here](#).



## Free online course - The Many Faces of Dementia

**In this free online course, you'll gain a unique insight into dementia through the stories, symptoms and science behind four less common diagnoses.**

World-leading experts at UCL show how research into the signs, stages, symptoms and causes of these forms can bring us closer to defeating dementia.

Estimated learning time is approximately two hours per week across four weeks, at your own pace. You will cover the following topics

Week 1 – What if dementia runs in the family?

Week 2 – What if dementia affects behaviour and personality?

Week 3 – What if dementia makes you see things that aren't there?

Week 4 – What if dementia affects your vision, not your memory?

Course start date **18 February 2019**. The course sign-up page is now live. Find out more and enrol [here](#).



**New YoungDementia UK service launches in Sheffield**

**We work with many Young Dementia Network members across Yorkshire but the start of a new YoungDementia UK group in Sheffield will hopefully see these numbers increase.**

The Sheffield group will next meet at the Graves Health and Sports Centre, Sheffield, S8 8JR on Wednesday 13 February, 1pm-3pm. It will be an opportunity to feedback on what you would like to do each month and to organise dates / times for the rest of the year.

Young Dementia Network member, [Howard Gordon](#), was involved in the organisation and interview process for the Sheffield Group Coordinator post. Howard was interviewed on BBC Radio Sheffield on Monday 14 January, alongside me, Donna Chadwick. You can listen to the interview [here](#), just scroll the time bar to 37 mins 40 seconds. The interview lasts approx 7 minutes.

For more information about the group, click [here](#) or contact Natasha Wilson on [natashawilson@youngdementiauk.org](mailto:natashawilson@youngdementiauk.org)

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## Young Dementia Network member, Wendy Mitchell, skydiving for charity

**Wendy Mitchell was diagnosed at the age of 58 with young onset dementia. On the 9 March she will take to the sky in a challenge of a life time in aid of YoungDementia UK.**

You can read about Wendy's diagnosis, skydive and donate [here](#).

Fancy joining Wendy and skydiving for YoungDementia UK this March? Sign up [here](#).



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## Young onset research paper review

**In each issue of Young Dementia Network News, we share a review of a young onset related research article. This article titled 'Age-appropriate services for people diagnosed with young onset dementia (YOD): a systematic review' has been reviewed by [Professor Jan Oyeboode](#). You can read her review [here](#).**

**[Wendy Mitchell](#)** who is living with young onset dementia, said about the piece -

'Wonderful to see a systematic review of all the research out there but it was surprising to see that only five papers were of a high standard - I wonder if this means high standard academically or a high standard of research?

'The fact that only 20 had been found was very surprising. This initially could highlight the lack of research carried out in this area, but also, it might show the difficulty in having a paper published or that researchers move on after the research has finished.

'Having said that what it clearly shows is the lack of published evidence on the advantage of support for young people with dementia. There is clearly a need, but perhaps it shows the reason for the lack of it - because there is little published evidence maybe. If this is the case, it's very sad if published evidence is needed to prove a need.'

You can find the original research article [here](#).



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