In Oxfordshire, YoungDementia UK offers information, practical and emotional face-to-face support and signposting to people living with young onset dementia and their families from the point of diagnosis onwards.

We send out regular Oxfordshire newsletters and mailings about groups and events. We also connect people to our evolving National Young Onset Dementia Network, linking people whose lives are affected by young onset with others around the country.

Young onset dementia

Our support takes into account the different needs and impact of young onset dementia.

- Dementia is termed ‘young onset’ when it affects people before the age of 65.
- There are over 40,000 people estimated to be living with young onset in the UK.
- Dementia in a younger person can be difficult to diagnose. Getting an accurate diagnosis may take time.
- Problems with language, vision, behaviour or personality may be the first symptoms, rather than memory issues.
- Rarer or genetically inherited forms of dementia are more common.
- We support people with many different types of dementia.
- People are likely to still be working, have significant financial responsibilities and have children or parents to care for.
- Remaining physically and socially active is important.

Every year we have to fundraise for around half of our income and depend on voluntary contributions to keep our support going. With your help we can reach out to more people.

For information about how you can help us, visit our website or contact fundraising@youngdementiauk.org

Registered charity no 1085595
YoungDementia UK’s young onset dementia advisors meet people at the point of diagnosis, often at the Cognitive Disorders Clinic. They can offer guidance not just about dementia, but also around financial and legal matters, employment, benefits and planning for the future.

We understand the impact of dementia on individuals and families and offer continuing support and advice for as long as it is needed. The team provides practical and emotional support through home visits, regular phone and email contact.

We are here for the whole family and help partners, children and parents to adapt to the changes young onset dementia brings.

We host regular social get-togethers for family members in pubs and cafés to enable people to meet others in a relaxed environment and share their experiences. We can also signpost people to services and groups in their local community.

Support from diagnosis

‘Dad’s illness has been really hard for mum. She needed support too; we all felt helpless. She is supported by YDUK who have advised and helped with many practicalities as well as emotional support.’

- Rebecca was 16 when her dad was diagnosed

‘A great bond formed between everyone involved. It’s a very inclusive group. Favourite hobbies were rejuvenated and new skills learned.’

- Jacqui, who lives with dementia, led a series mosaic making classes for our members

Our busy programme of special interest groups and activity sessions for people with young onset and family members changes throughout the year. It provides informal opportunities to meet others, visit different places, experience new things and to be active and creative.

Our regular daytime and evening social events are a chance for all the family to socialise and enjoy time together, in a supportive environment.

Active and creative

‘It can be very isolating, you can feel trapped at home, so it’s hugely important to get out and do things like this.’

- Roger, whose wife has young onset dementia organises our regular Walk & Talks

This service is chargeable with fees paid by the hour. Fees can be paid privately or through other funding sources.

Individual support

Our individual support sessions provide an opportunity for people with young onset to continue to enjoy their hobbies and leisure interests, or be challenged to try new things, increasing their confidence, social interaction and physical activity.

Partnered with one of our experienced young onset dementia support workers, we offer an understanding ear and the opportunity to discuss things in confidence. We also enable the people to meet others living with dementia, providing opportunities for mutual support.

‘Liz is brilliant. We just talk and talk. She is knowledgeable and explains things to me. We like to go for walks in the woods and she took me into Oxford Christmas shopping.’

- Liz, with her support worker, also called Liz