



# 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

**Dementia** is considered 'young onset' when when symptoms develop in people **under 65 years of age**. Problems with **language, vision, balance and behaviour** may be the first symptoms rather than **memory loss**. Over **70,800** people are estimated to be living with young onset dementia in the UK.

## Here are some organisations that can provide more information on young onset dementia



### **Dementia UK** **dementiauk.org**

Dementia UK's specialist nurses, known as Admiral Nurses, offer practical and emotional support around young onset dementia. To speak to an Admiral Nurse call the free Helpline on 0800 888 6878 or book a phone or video appointment at [dementiauk.org/book](https://dementiauk.org/book). The website also provides information on young onset dementia.



### **Alzheimer's Society** **alzheimers.org.uk**

Provide information and advice for anyone affected by young onset dementia, including a guide to understanding your diagnosis. The website also has information about support and access to an online community where you can connect to others living with young onset dementia.

### **Rare Dementia Support**

Advice Community Learning

### **Rare Dementia Support** **raredementiasupport.org**

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



### **Dementia Carers Count** **dementiacarers.org.uk**

Dementia Carers Count provide free support courses for family and friends caring for someone with dementia, including young onset dementia. To find out more about their services, or the resources in its Virtual Carers Centre, please visit the Dementia Carers Count website.

**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 [youngdementianetwork.org/gp-guide](https://youngdementianetwork.org/gp-guide)**