

# 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 70,800 people in the UK living with young onset dementia. Here are some charities that can help.**



## **Dementia UK** [dementiauk.org](http://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](http://dementiauk.org/book). The website also provides information on young onset dementia.



## **Alzheimer's Society** [alzheimers.org.uk](http://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](http://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.



## tide [tide.uk.net](http://tide.uk.net)

tide, 'together in dementia everyday', believes that carers and former carers have the experience and knowledge to improve health and social care, research, and policy development throughout the UK. It offers a number of online groups including a young onset dementia carers' group which meets monthly, providing a safe space for family carers to share their experiences.



**DEMENTIA  
CARERS COUNT**

## Dementia Carers Count [dementiacarers.org.uk](http://dementiacarers.org.uk)

Dementia Carers Count supports anyone caring for someone with dementia, including young onset dementia, offering free practical and emotional support, including counselling. Call its Carer Support Line on 0800 652 1102 and access information aimed at carers on its website.



## Young Dementia Network [youngdementianetwork.org](http://youngdementianetwork.org)

The Young Dementia Network, hosted by Dementia UK, is an online community of people affected by young onset dementia and professionals who work in health and social care. The Network collaborates with its members to improve the lives of people with young onset dementia and their families now and bring about changes that will have a lasting benefit for people living with the condition in the future.

This leaflet was created by the Young Dementia Network.  
The Network is hosted by Dementia UK.

Dementia UK is a registered charity in England and Wales (1039404) and Scotland (SC 047429).

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