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We work to raise awareness about young onset dementia in the region and nationally.

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08/2012
YoungDementia UK is dedicated to ensuring people affected by young onset dementia have the best opportunity to live well.

We are based in Oxfordshire and provide support for younger people and their families within the county and its adjoining areas. We offer signposting and telephone support to those who live outside our region.

**Young onset dementia**

Dementia is ‘young onset’ when it affects people before the age of 65.

They experience a progressive decline in their ability to think, reason, communicate and remember. Their personality, behaviour and mood can also change.

The condition occurs at a time in people’s lives when they are likely to still be working, have financial responsibilities and children or parents to care for.

**How we can help**

Young onset dementia affects the whole family. We offer a welcoming community and a network of support to give everyone involved the best quality of life.

We also produce a regular newsletter to keep everyone up to date with news and events.

Each person is partnered with a trained team member to provide consistent support when everything around them is changing.

People choose how they would like to spend their time during the regular sessions, from long walks to rounds of golf, organising personal paperwork to a visit to the museum.

Our support helps people to maintain their skills, improves their confidence and self-esteem. The service also creates reliable, frequent breaks for partners and family members.

Our Family Service supports everyone and particularly helps partners, children and parents to adapt to living with a person with young onset dementia.

The team provides dedicated, practical and emotional support through home visits, regular phone and email contact.

There are also regular get-togethers over coffee, lunch and leisurely walks for families to share their experiences.

‘Before I was being supported by YDUK the chaos in my life was overwhelming. Sandy has helped me feel much calmer and in control. I can also share the things I enjoy with her, the things that matter to me.’

Larry, with his One to One support worker Sandy

‘When I am exhausted she is there and I can pick myself back up and carry on. I really don’t think I could have got this far so easily without the knowledge that she and YDUK are there.’

Elaine, with Emeline from our Family Service

**The Café and social events**

Living with dementia can be very isolating. Our monthly Café gives members a great night out with good food, entertainment and a chance to meet with or make friends.

We hold social events throughout the year so people can enjoy a day out with the support of our team.