**Dementia Voice DEEP Group, People living with Young Onset Dementia share their hints and tips to living well**

**Having others around you who help you…**

* “ People shouldn’t pussy foot around you” but it’s not helpful if people get cross
* Know who you can ask for help – the people who can give you a little prompt and carry on – because it’s important to keep trying
* Accepting a bit of help when you need it
* You need people around you to understand what you may be struggling with
* Being willing to ask other people, and share experiences
* Spending time with those we care about, such as grandchildren