

## Living well with Young Onset Dementia Newsletter

March 2015,  
Issue 1

### Welcome to the first Young Onset Dementia newsletter.

At least 300 people and their families live with dementia at a younger age in Worcestershire. Young onset dementia occurs when symptoms of dementia have begun before the age of 65. Because some people experience difficulties for a considerable time before others recognise what might be happening, the diagnosis may come after the age of 65.



### Fundraising

In September 2014 a team of ten took part in the Wolf Run a 10k multi terrain obstacle course to raise money for Young Onset Dementia raising £1,965.00.

Also in September Professor Liz Peel (Institute of Health and Society from the University of Worcester) joined by a number of others from the university, raised £236 for Young Onset Dementia by taking part in a 10K run around the city of Worcester.

### deep

The Dementia Engagement and Empowerment Project.

Dementia Voice Worcestershire is a group of younger people living with dementia and their families who meet monthly. The group seeks to challenge negative images and stigma, by influencing understanding and awareness.

To find out more about DEEP see [www.dementiavoices.org.uk](http://www.dementiavoices.org.uk)

### Save the date :

**24th September 2015, 1pm— 5pm The Warndon Centre Worcester.**

The Young Onset Dementia Service will be holding a review event to report on the progress of the working groups that were formed after the April 2014 launch.

## **Working Groups**

In April of 2014 a meeting was held to identify priorities to focus on for the development of support and services for younger people with dementia and their families. Five priorities were identified and following this working groups were established to identify ways of addressing these priorities.

### **Working Group 1:** Awareness Raising, Education and Training.

The aims of this working group are to raise awareness of Young Onset Dementia among the general public and to increase knowledge, skills and understanding in staff and services. We are currently exploring ways of ensuring young onset dementia is included in the training of professionals and staff and working with the media to improve the ways in which young onset dementia is portrayed.

### **Working Group 2:** Care Pathway for Young Onset Dementia.

The aim of this working group is to develop the existing dementia care pathway within Worcestershire Health and Care Trust to address the specific needs of younger people with dementia and their families

### **Working Group 3:** Information for people living with Young Onset Dementia and their families.

The aim of this group is to develop a website for People living with Young Onset dementia, family members and significant others who live with and/or care for a person with young onset dementia. We also hope to provide information for staff in Worcestershire, and those who want to know more about young onset dementia

### **Working Group 4:** The provision of support which enables younger people with dementia and their families to live well.

This group aims to develop a Connection/Meeting Point which will provide locally based, regular meetings which can provide younger people and their families with access to timely advice, education, support and information. It will also provide opportunities to build relationships with professionals so that they can identify who can meet their needs in a timely fashion.

### **Working Group 5:** Care provision for younger people with dementia who have increased needs and their families.

This group aims to develop a set of standards which can enable organisations that offer care services (including domiciliary care, care homes and opportunities for meaningful activity) to identify what they need to offer when supporting younger people with dementia and their families. This will also include the development of training for staff and an audit process.

### **Would you like to hear more?**

If you would like to hear more about the work that is underway, get involved in the working groups, or influence our work in some other way, please contact;

Jenny La Fontaine - Young Onset Dementia Development Officer  
Early Intervention Dementia Service,

F Block, Kidderminster General Hospital, Bewdley Road, Kidderminster, Worcs, DY11 6AJ

Telephone 01562 828894, Mobile Phone 07776992349,

Email [jenny.lafontaine@hacw.nhs.uk](mailto:jenny.lafontaine@hacw.nhs.uk)

[www.hacw.nhs.uk/a-z/services/dementia/young-onset-dementia-yod/](http://www.hacw.nhs.uk/a-z/services/dementia/young-onset-dementia-yod/)

# Useful Service Information

## Dementia Advice Service

The Dementia Advice Service offers information and advice to people who are living with dementia, as well as their family and friends. The dementia advisor may, for example, give information about benefits, power of attorney, driving, and practical tips on living well with dementia. They are also able to discuss other services which may be of interest and, if needed, make a referral to them. The dementia advisor continues to be an on-going point of contact for as long as needed.

You are encouraged to contact the service even if nothing is needed at the time, so that you know who your dementia advisor is. This service is free and is available to people living with dementia who live in Worcestershire (or have a Worcestershire GP), as well as their family and friends.

Further information can be found at:

[www.ageuk.org.uk/herefordshireandworcestershire/support-services/dementia-advice/](http://www.ageuk.org.uk/herefordshireandworcestershire/support-services/dementia-advice/)

### Contact details:

Age UK Herefordshire & Worcestershire Malvern Gate Bromwich Road Worcester WR2 4BN

0800 008 6077

dementiaadvice@ageukhw.org.uk

### AL's Cafés

For people diagnosed under the age of 65 or living with probable diagnosis under the age of 65 and their family members and friends. The dementia café provides an opportunity to meet regularly in an informal, social environment to talk to other people living with dementia. The café also provides information about dementia, local services and practical information about living well with dementia.

Please come along where you will be given a very warm welcome.

For more information call Alzheimer's Society on: 01905 621 887



AL's Evesham	Last Tuesday	7.00pm-9.00pm	Yates Court, Evesham	WR11 5DN	Co-ordinator - Jan Little 07833 146 207
AL's Redditch	Last Wednesday	7.00pm-9.00pm	Terry Spring Court, Redditch	B98 7DJ	Co-ordinator - Gill Read 07803 116557
AL's Worcester	Second Monday	7.00pm-9.00pm	Sanctuary Group, Chamber Court	WR1 3ZQ	Co-ordinator - Liz Comerford 07725 220 422
AL's Kidderminster	Second Wednesday	7.00pm-9.30pm	The Café, Severn Valley Railway Station, Kidderminster	DY10 1QZ	Co-ordinator – Maggie Parker 07803 220 421