

What is the living with younger onset dementia group program?

- These groups are specifically designed for people in the early stages of younger onset dementia and their support person.
- People with dementia can attend alone if they wish.
- An interactive group program held over a number of sessions, usually over consecutive days or weeks.
- In each program the opportunity to separate and discuss relevant issues is provided for people living with dementia and their family member or friend.
- Programs are run in both metropolitan and regional locations at no charge to the participants.
- Ongoing support options are available after the conclusion of the program.

“I feel more confident that as a family we can provide the best holistic care for Mum.”

Son of person with younger onset dementia

For further information and enquiries please contact:

National Dementia Helpline
1800 100 500



For language assistance call **131 450**

dementia.org.au



Living with younger onset dementia program

Dementia Australia is the charity for people living with dementia, their families and carers. As the peak body it provides information, support services, education and advocacy.



Information and support program for people living with younger onset dementia and their support person

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National Dementia Helpline is funded by the Australian Government

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What will be talked about in the groups?

A range of topics are discussed, such as:

- symptoms and diagnosis
- adapting to changes
- research and drug treatments
- driving
- practical strategies
- relationships and communication
- planning for the future
- community services
- legal issues
- looking after yourself
- where to from here?

“I felt comfortable at each session. I was always listened to and any questions I had were dealt with professionally.”

Family member

“We found it good to be able to relate to people that are in the same situation as us.”

Carer of person with younger onset dementia

What are the benefits of attending?

Participants have an opportunity to:

- obtain information
- have questions answered
- meet and talk confidentially with others in a similar situation
- discuss experiences and express feelings in a safe environment
- focus on maintaining and enhancing skills and abilities
- explore ways of managing now and into the future

Other Dementia Australia services

In each state and territory a range of services are offered to people living with dementia, their carers, families and friends, including:

- information and support
- counselling
- education programs
- books, DVDs and other resources
- social and peer support programs
- websites, blogs and social media sites
- Younger Onset Dementia Key Worker program



“I feel much better equipped now. I know what is available and where to seek help.”

Support person