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# Had a diagnosis of Young Onset Dementia?

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## Five things you and your loved ones need to know now

Receiving a diagnosis of young onset dementia can be hard. Even if you have been expecting it, it can still be a great shock. Everyone will have a different way of coping with the news and it may take some time before it feels “real”.

You may not feel that you want or need extra support right now, but there are a few things we think you might like to know right from the start:

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### 1. There are people you can talk to

It can be difficult to deal with the strong feelings you may have following a diagnosis. We may be able to help you. Please let us know if you need someone to talk to about your diagnosis.

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### 2. Support is available for your loved ones

Finding out that a loved one has young onset dementia can be extremely upsetting and worrying. There is support available for relatives of those with dementia. Ask us to put you in touch with the relevant organisations in your area. Our booklet called “Advice for Relatives and Friends” provides further useful information.

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### 3. You must inform the DVLA of your diagnosis

If you currently drive you need to be aware that it is a legal requirement to inform the DVLA and your insurance company of your diagnosis. This does not necessarily mean that you will have to give up driving – the DVLA will assess your individual circumstances. For more advice and information about driving see our booklet called “Practical Support and Useful Contacts”.

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### 4. The Alzheimer’s Society can help you

The Alzheimer’s Society provides advice and support for those living with dementia and their families. They work with people with all types of dementia, not just Alzheimer’s disease. We highly recommend that you get in touch with them as their help and guidance is invaluable. You can contact them directly or ask us to refer you to them. Their central helpline number is 0300 222 1122. Also the charity YoungDementia UK has a useful website: [www.youngdementiauk.org](http://www.youngdementiauk.org)

We have developed a range of information booklets that are available in this pack. Some of the information they contain may not be relevant to you at the moment, but may be helpful in the future.

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## 5. Understanding your diagnosis will help

Receiving a diagnosis can be a frightening and confusing time. You may have many unanswered questions. Gaining a better understanding of dementia can make it easier to cope with. This pack is designed to help you. Some of the information they contain may not be relevant to you at the moment, but may be helpful in the future.

**What is young onset dementia?** provides a brief description of what dementia is and explains the different types of dementia.

**Living well with young onset dementia** offers helpful advice on managing memory problems, taking care of yourself and coping with difficult feelings.

**Advice for relatives and friends** is designed for the relatives and friends of people with dementia. It includes advice on supporting people with memory problems and helping loved ones to live well with dementia. It also contains information about looking after themselves and getting support.

**Practical Support** provides information about practical things you may need to consider.

**Young onset dementia and the environment** offers tips on how adaptations to your environment could help you and your family.

We have also included a list of all the factsheets available from the Alzheimer's Society.

If you would like this information in another format such as large print, Braille, easy read or another language please contact us on:

Tel: 01372 216285    email: [communications@sabp.nhs.uk](mailto:communications@sabp.nhs.uk)

Surrey and Borders Partnership NHS Foundation Trust  
18 Mole Business Park, Leatherhead, Surrey KT22 7AD

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Tel: 0300 55 55 222    Textphone: 020 8964 6326    [www.sabp.nhs.uk](http://www.sabp.nhs.uk)  
@sabpnhs    [facebook.com/sabpnhs](https://www.facebook.com/sabpnhs)