



Community support if you are affected by Young Onset Dementia

Under 65s in Sheffield

For under 65s with Young Onset Dementia, and their carers



What you might want

- Young Onset Dementia information from trained workers
- Ongoing social connection
- Support from others in a similar situation
- Young Onset Dementia specific activities and trips out

Who to contact

Dementia Advice Sheffield (0114) 250 2875

People Keeping Well local community dementia support organisations

You'll be connected to both

Young Onset Dementia Hub

Support you will receive

- 6-monthly check-in call to see how you are and what you need
- Invitations to local Memory Cafes and dementia-friendly groups
- Opportunities to join Dementia Carer groups

- Young Onset Dementia Information from a trained worker
- Age-relevant groups, and trips and social events

For under 65s with Young Onset Dementia



- A Young Onset Dementia-friendly place to spend the day
- Tailored activities to suit you
- A break for your carer

Age UK Sheffield (0114) 250 2850



Young Onset Dementia Day Activities for under 65s



For unpaid carers



- Carer information
- Peer support
- Listening ear

Sheffield Carers Centre 0114 272 8362



- Carer advice line
- Carer Assessment
- Carer Card
- Newsletter
- Planning for an emergency