

LIVING WELL WITH YOUNG ONSET DEMENTIA

Things that prompted others to wonder if they had dementia and to get medical advice

These are some of the things experienced by people we spoke to in our research study that led them to question if they had young onset dementia (before the age of 65 years). One or more of the things listed here prompted people to seek medical advice. As part of our research study, people living with dementia and their family carers wanted to share these things in a leaflet.

- Start filling up the washing up bowl and walk away and forget about it.
- Forget about food in the oven.
- Not knowing the names of people you've worked with for years.
- Unable to find a place you have been visiting for many years.
- Panicking about travelling to new places.
- Not being able to remember the way home.
- Getting disorientated when travelling a different route.
- Struggling to fill in forms.
- Becoming distracted and forgetting to go back to what you were doing.
- Not sleeping well.
- Asking the same question repeatedly.
- Calling people you know well by the wrong name.
- Constantly losing everyday items like your handbag or purse/wallet.
- Getting irritated by other people more than usual.

- ✓ Not being able to find the right word.
- ✓ Going to the shops then forgetting what you're supposed to buy.
- ✓ Not being able to multitask.
- ✓ Double booking appointments.
- ✓ Not being able to count out money.
- ✓ Struggling to read.
- ✓ Struggling to manage finances.
- ✓ Unable to match the wallpaper patterns when decorating.
- ✓ Having trouble following the car's satellite navigation system.
- ✓ Going in the wrong direction.
- ✓ Forgetting the right order of steps in a procedure.
- ✓ Forgetting to take medication and sequences of events.
- ✓ Use of wrong or inappropriate words in conversation.
- ✓ Getting the wrong bus continuously.
- ✓ Trying to get into the wrong car.
- ✓ Forgetting to document important things at work.

If you are worried about anything in this leaflet, or you or someone you know is having any of the above or any other symptoms causing concern, do seek medical advice.

See other resources at:



hub.salford.ac.uk/salford-yod



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