

LIVING WELL WITH YOUNG ONSET DEMENTIA

Here are some phrases suggested by people involved in our research study into experiences of young onset dementia (before 65 years). You may find it helpful to reflect on these from time to time.

Remember:

- Be kind to yourself.
- You are a person too. How are “you”?
- Remember it is the illness and not your loved one when difficult situations develop.
- You’re not alone.
- You can’t be perfect all the time.
- Do not feel guilty – you are allowed to feel angry, upset and ask “why me”.
- It’s alright to laugh with the person who has dementia. You are laughing at the condition not the person.
- Taking care of yourself is an important starting point to help the person with dementia. Take time out together.
- If it works for you then go with it. You are the expert on the person you are caring for but bear in mind people and circumstances can change.
- It’s alright to cry. You can feel better having a cry.

Seek support:

- ✓ You do a fantastic job. Give yourself a pat on the back.
- ✓ Don't take things personally.
- ✓ This person's daily life would be very different if it weren't for you.
- ✓ Find something to smile about and share that with another.
- ✓ Don't feel bad if you get it wrong/feel you need time out Tomorrow is another day.
- ✓ We all need help and encouragement so believe in yourself – take your time.
- ✓ Join a group where you can share and get support.
- ✓ Do join groups for your loved one and also for YOURSELF – there will come a time when YOU need these friends you have made.
- ✓ Friends are important – you can often say things to a friend that you wouldn't say to family.
- ✓ Ask for help before you crack. We all need help from time to time, don't be afraid to ask!
- ✓ Be encouraged to talk to someone about anything personal to help lighten the load and share how you are feeling.
- ✓ Take time off.
- ✓ It's ok to step away from your situation (respite).

See other resources at:



hub.salford.ac.uk/salford-yod



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