

## Where can you get help and support?

Drop into our Centre at St. Lukes Place, Rochford every other Thursday ( 10am to 4pm) or contact us by phone or email.

You may also find it useful to speak to your GP or ask for a referral to your local Memory Clinic.

### Other helpful organisations:



Essex Social Care 0845 603 7630  
<http://www.essex.gov.uk>



Adult Social Care and Health  
01702 215008  
<http://www.southend.gov.uk>



Southend and District 01268 778959  
<http://www.alzheimers.org.uk>

**Carers can join our  
web forum at  
[www.peacefulplace.co.uk/  
carersforum](http://www.peacefulplace.co.uk/carersforum)**

## For more information please contact us on:



**01702 546476**

### The Peaceful Place

St. Lukes Place  
Dalys Road  
Rochford  
Essex  
SS4 1RA



**enquiries@peacefulplace.co.uk**

### You can find out more on our website at:



**[www.peacefulplace.co.uk](http://www.peacefulplace.co.uk)**

## About Peaceful Place

We are a local charity set up in 1996 to provide specialised help and support for people in South East Essex living with young onset dementia.



Registered charity no. 1127072  
Registered company no. 5618159

# PEACEFUL PLACE

## YOUNG ONSET DEMENTIA



## Young Onset Dementia

'Young onset dementia' describes a set of symptoms caused by damage to the brain and affecting people under the age of 65. These symptoms get worse over time and are caused by a number of different diseases or trauma.

The main causes of young onset dementia differ from those that affect people over 65. They are identified as:

- Alzheimer's Disease 34%
- Vascular Dementia 18%
- Frontal temporal dementia 12%
- Alcohol related (Korsakoff's syndrome) 10%
- Dementia with Lewy bodies 7%

There are many other rarer diseases that may lead to dementia, including progressive supranuclear palsy, Binswanger's disease, HIV/AIDS, and Creutzfeldt-Jakob disease (CJD).

Some people with multiple sclerosis, motor neurone disease, Parkinson's disease and Huntington's disease may also develop dementia as a result of disease progression. Additionally dementia in people with Down's syndrome may develop at an early age.

The number of men who develop young onset dementia (70%) is more than twice the number of women and around 20% of younger people with dementia have a rarer form of the condition.

Currently despite extensive medical research funded by the Alzheimer's Society and other bodies, the dementias listed above can not be cured at this time.

## Signs & Symptoms

Dementia results in ongoing decline which is different for everyone. This is largely determined by the type of dementia and which area of the brain is affected. These changes are not part of normal ageing and the effects impact on daily living, independence and relationships.

Common signs and symptoms of dementia include:

- Memory loss
- Impaired judgment
- Difficulties with abstract thinking and reasoning
- Inappropriate behaviour
- Loss of communication skills
- Gait, motor, and balance difficulties
- Hallucinations, paranoia and agitation
- Becoming lost or disoriented in familiar places
- Inability to follow directions
- Disorientation as to the date or time of day
- Inability to recognise and confusion about familiar people
- Having difficulty with routine tasks such as making a cup of tea or paying the bills
- Neglecting personal safety, hygiene and nutrition.

In its early stages, confirming a diagnosis of dementia can be difficult. May be because many of the symptoms of dementia can be caused by other conditions.

A number of different tests and assessments are carried out to diagnose dementia including reviews of medication, medical and personal history, a full assessment of mental ability, blood tests and imaging scans.

## Younger People

Although dementia occurs most often in older people, it can be diagnosed in people under 65.

Whilst there is clearly some overlap in medical care and treatment, it is important to realise that the needs and circumstances of younger and older people with dementia are not identical.

A younger person is likely to face different challenges to that of an older person and:

- Is more likely to be fit and active and so will derive greater benefit from the stimulation of their social, mental and physical skills.
- Can show a greater awareness and understanding of the degenerative nature of their illness and so require greater counselling and support.
- Is more likely to be in work at the time of diagnosis, leading to unemployment on health grounds and in some cases financial problems.
- Is more likely to have financial dependents and, in some cases, young children to consider.
- Will often need their partner to give up their own job and independence in order to care for them at home.
- May also have responsibility for elderly relatives and grandchildren.
- Is likely to find it difficult to access appropriate information and support.

It has been estimated that, by the year 2015, there will be 761 people in Essex with young onset dementia although this figure could in fact be higher.