



Community support if you are affected by Young Onset Dementia

Under 65s in Sheffield

For under 65s with Young Onset Dementia, and their family members and supporters



What you might want

- Young Onset Dementia information from trained workers
- Ongoing social connection
- Support from others in a similar situation

Who to contact

Dementia Advice Sheffield
(0114) 250 2875
<https://www.ageuk.org.uk/sheffield/our-services/dementia-advice-sheffield2/>

You'll be connected to both

People Keeping Well local community dementia support organisations
www.sheffielddirectory.org.uk/dementia

Young Onset Dementia Hub
www.ageuk.org.uk/sheffield/our-services/dementia-services/yoh/

Support you will receive

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

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

For under 65s with Young Onset Dementia



- A whole day of enjoyment / support
- Activities to suit you
- A break for your family member

North:
Care2Care
(0114) 317 7942

or

South:
Age UK Sheffield (0114) 250 2850

or

Dementia Advice Sheffield if unsure.

Young Onset Dementia Day Activities for under 65s
<https://www.sheffielddirectory.org.uk/adults/healthy-living/advice-pages/dementia-support-in-sheffield/dementia-day-activities/>

For family members, supporters and unpaid carers



- Carer information
- Peer support
- Listening ear

CARERS TRUST
Sheffield Carers Centre

Sheffield Carers Centre

0114 272 8362

www.sheffieldcarers.org.uk

- Carer advice line
- Carer Assessment
- Carer Card
- Newsletter
- Planning for emergencies

Tips and training to care for a family member with dementia

Alzheimer's Society Sheffield Alzheimer's Society
0114 276 8414
www.sheffielddirect.org.uk/adults/healthy-living/advice-pages/dementia-support-in-sheffield/support-for-family-and-carers-of-people-with-dementia/

- [Sheffield Dementia Carers Training Service](#)
- 6 x workshops