



# 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



For under 65s with Young Onset Dementia



For family members, supporters and unpaid carers



What you might want

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

- A whole day of enjoyment / support
- Activities to suit you
- A break for your unpaid carer

- Carer information
- Peer support
- Listening ear

Tips and training to care for a family member with dementia

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](http://www.sheffielddirectory.org.uk/dementia)

Young Onset Dementia Hub  
[www.ageuk.org.uk/sheffield/our-services/dementia-services/yoh/](http://www.ageuk.org.uk/sheffield/our-services/dementia-services/yoh/)

North: Care2Care (0114) 317 7942

or South: Age UK Sheffield (0114) 250 2850

or Dementia Advice Sheffield if unsure.



Sheffield Carers Service

0114 272 8362

<https://www.sheffieldcarers.org.uk/>



Sheffield Alzheimer's Society

0114 276 8414

[sheffield-enquiries@alzheimers.org.uk](mailto:sheffield-enquiries@alzheimers.org.uk)

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

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/>

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

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