

## Exploring the



**Behaviours in  
Dementia  
Toolkit**

Practical & Evidence Informed

## Young Onset Dementia

# 9

## Helpful Resources



More than 28,000 people in Canada live with young onset dementia (YOD). **'Young onset' means someone is under 65 when they develop dementia.** YOD affects people aged 18 to 64.

**YOD is a diverse condition.** An individual's experience of living with YOD will be influenced by many factors including their family system, job or income, gender and ethnocultural community.

**Click the links below** to explore example resources from the Toolkit and learn more about the impacts of YOD.

## Understand YOD

### [What is Young Onset Dementia?](#)

**Alzheimer Society of Canada**

The good news is that there are many ways to live well with young onset dementia. There is also lots of research unfolding worldwide to better understand the diseases that can lead to this kind of dementia. Find out more in this brief animated video.

### [Young Onset Dementia Information Kit](#)

**Dementia Australia**



Comprehensive collection of help sheets and much more to support people living with YOD with communication and planning ahead.

### [Living with Young Onset Dementia](#)

**Social Care Institute for Excellence**

Short film highlights the challenges of people who develop young onset dementia - also called 'early onset dementia' or 'working life dementia'.

### [What Kids in Canada Need to Know When a Parent Has Been Diagnosed with Young Onset Dementia](#)

**Alzheimer Society of Canada**

Collection of books, websites, help lines, support groups and more can help kids understand YOD and feel less alone.





“ People fall into the mindset that after a diagnosis that it’s all downhill from here. My advice is to keep living life!

Brenda H, Contributor – Young Onset By Us For Us Guide and person living with dementia

## Support a Person with YOD

### [Young Onset Dementia ID Cards](#)

#### **Alzheimer Society of Canada**

Some people say these kinds of cards help them express their identity and needs more easily in public. Free to download.

### [Support for People with Young Onset Alzheimer’s Disease](#)

#### **Rare Dementia Support Canada**

Short video discusses various supports available in Canada for people with YOD.

### [Dementia and Hope](#)

#### **Young Dementia Network**

A collection of film and audio resources sharing the voices of people living with dementia and care partners.

### [Young Onset Dementia](#)

#### **Research Institute on Aging**

Booklet created together with people living with YOD helps readers to understand the support needs of people living with dementia.

### [Diagnosing Dementia in Younger People: Decision Making Guide for GPs](#)

#### **Young Dementia Network**

Diagnostic guide supports GPs to identify the most common signs and symptoms of young onset dementia.



## Behaviours in Dementia Toolkit

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powered by:



**CCSMH**

Canadian Coalition for Seniors' Mental Health

Free online library for health care providers, care partners & families supporting people experiencing behaviours in dementia.

[www.BehavioursInDementia.ca](http://www.BehavioursInDementia.ca)

