

Young Onset Dementia Day Activities



An overview for people living with **Young Onset Dementia (Under 65s)** and their family members, supporters and unpaid carers.

- Are you Under 65?
- Do you have Young Onset Dementia or memory loss?
- Do you live in Sheffield?



If you are living with Young Onset Dementia, are you looking for:

- A Young Onset Dementia-friendly place to spend the whole day on a regular basis?
- Enjoyable activities based on your interests and what you like to do?



If you are a family member or unpaid carer, are you looking for:

- A regular break from your caring role during the day, to give you time to catch up on things you need to do, and an opportunity to recharge your batteries?
- Reassurance that your loved one with Young Onset Dementia is safe, well cared for, and enjoying themselves?



At Young Onset Dementia Day Activities (typically 10am-3pm, but varies by venue), you can enjoy...



DIY and crafts



Trips out, reminiscence and cognitive stimulation



Pampering and relaxation



Physical activities and exercise



Music, dancing and celebrations



Games and quizzes



Gardening and nature

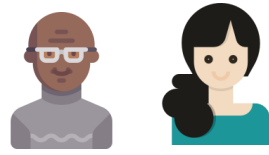


Baking, cooking and theme days



Animal therapy

And much more! You can even ask to try out a session to see whether you like it. People are often hesitant initially, but after they've been once, they usually really enjoy the sessions.



Age: Under 65 with Young Onset Dementia



Either

Or

Who to contact if you'd like to join Dementia Day Activities

Care2Care
(0114) 317 7942 for North
or
Age UK Sheffield
(0114) 250 2850 for South.

If you're unsure if you're in North or South, contact [Dementia Advice Sheffield](mailto:info@dementiaadvice.org.uk) (0114) 250 2875 and they will direct you.

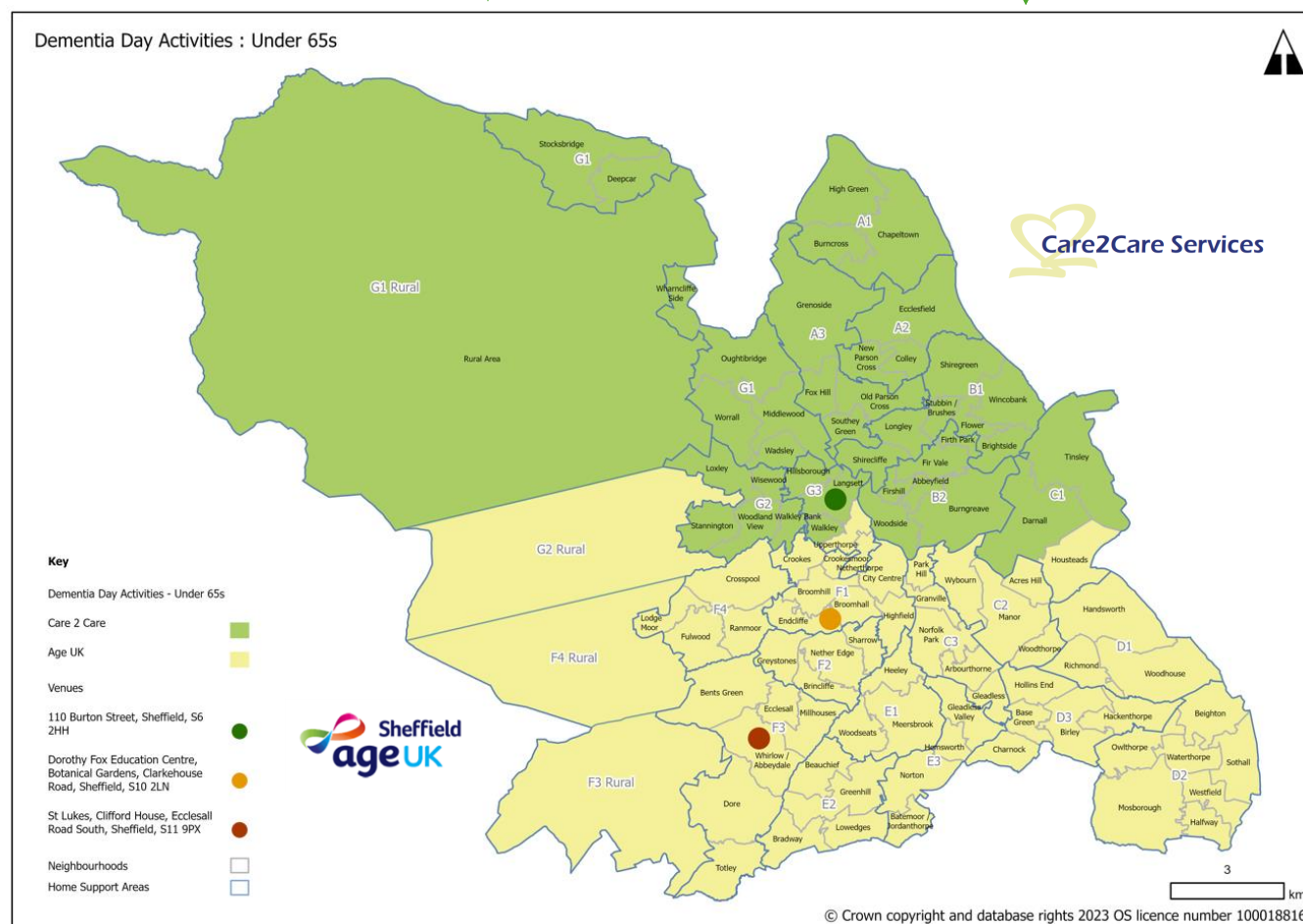
Your Social Worker or Sheffield City Council First Contact
(0114) 273 4908

www.sheffield.gov.uk/social-care/helping-you-stay-independent

Search for private 'Young Onset Dementia Day Care' on **Sheffield Directory**.

www.sheffielddirectory.org.uk

Where the session takes place and which organisation will support you



Care 2 Care (North)

● 110 Burton Street, S6 2HH

Age UK Sheffield (South)

● Dorothy Fox Centre, Botanical Gardens, Thompson Road, S10 2NQ

● Clifford House (St Luke's), Ecclesall Road South, S11 9PX

What you can expect

- Compassionate and experienced Dementia-trained staff.
- A range of interesting and enjoyable age-appropriate activities designed around what *you* like to do.
- Venues which are welcoming, stimulating, wheelchair-accessible and equipped with disabled facilities and outdoor space.
- Support to ensure your physical, wellbeing and young onset dementia needs are met.
- Hot/cold drinks and light refreshments.
- Suitable transport may be arranged on request, or you will be supported to make reliable transport arrangements.
- Feedback to, and support for, your family members and unpaid carers.
- Support to help you move to other services when you turn 65.



What it will cost

The session is **free** to attend.



But you will be asked to pay for:

- Transport to and from the session (or you can arrange your own transport)
- Meals
- Optional one-off activities eg day trips.



What people with Young Onset Dementia have said...



Most enjoyable as usual, nice food and drinks, enjoyed doing the craft and enjoyed the mocktails.

I wasn't sure when I first came here, I didn't think it would be for me as I never liked clubs when I was at school. But I have to say I always have a good time and look forward to coming. We get up to all sorts!



I didn't think I was creative however I really enjoyed the painting I found it therapeutic.

I like that I can be myself here. No one judges each other and we can chat for ages about things.

This is the most fun I have had in years!



The difference it makes to family members...



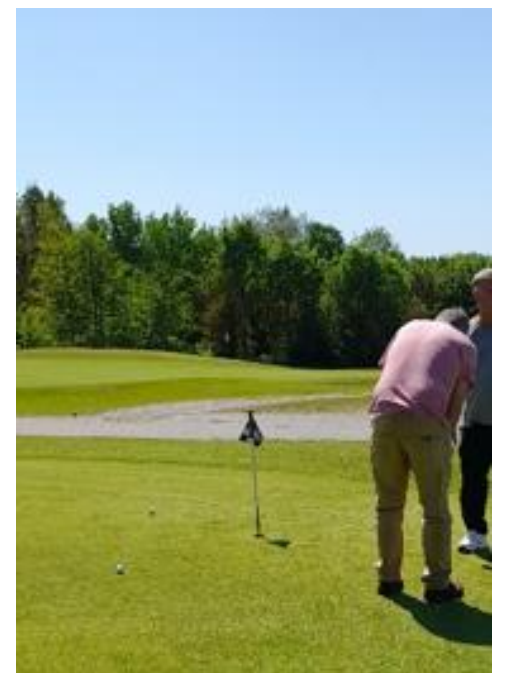
My Mum attending young onset dementia day activities has taken a lot of pressure off me. I used to worry about her when I wasn't with her before she attended the day centre, but now I am happy to leave her and know she is somewhere safe. I don't worry so much anymore. Also, my Mum being at the centre has helped me to understand a bit more about young onset dementia - I did not realise that there would be other people with young onset dementia at first; I thought our situation was unique. I found it quite reassuring to understand that we were not alone and that there were resources for people with young onset dementia.

What the organisations say...



*We believe that memory loss shouldn't be a barrier to **fun, friendship** and **stimulation for the mind**. We're passionate about creating a **safe, loving** and **welcoming** environment for our members. We **sing**. We **dance**. We **play**. We **make things**. And above all else, we **laugh**.*

*We provide services **relevant to the needs of people with early onset dementia**. It is designed to provide a **friendly** place to **socialise** and take part in **social activities** to provide **entertainment, stimulation** and aid rehabilitation. We put emphasis on people's **individual preferences** in relation to leisure activities. Our staff can give **practical support and advice** to make **day-to-day life easier** and give **peace of mind** to you, your family and carers.*



Thank you to our Sheffield Young Onset Dementia Day Activities attendees and providers for supplying all the recent photographs and quotes that have been used in this leaflet. Other icons from flaticon.com. This leaflet is available to download from www.sheffielddirectory.org.uk/dementia