



**DementiaUK**  
Helping families face dementia

# Young Dementia Oxfordshire

1<sup>st</sup> January 2023 –  
31<sup>st</sup> December 2023

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Dementia UK is a registered  
charity in England and Wales  
(1039404) and Scotland  
(SC 047429).

# Young Dementia Oxfordshire

## - what we do

**On-going individual support for families and people living with a diagnosis**

**Monthly groups for people living with young onset dementia and their family members**

**Advice and information about adapting and living positively with a diagnosis of young onset dementia**

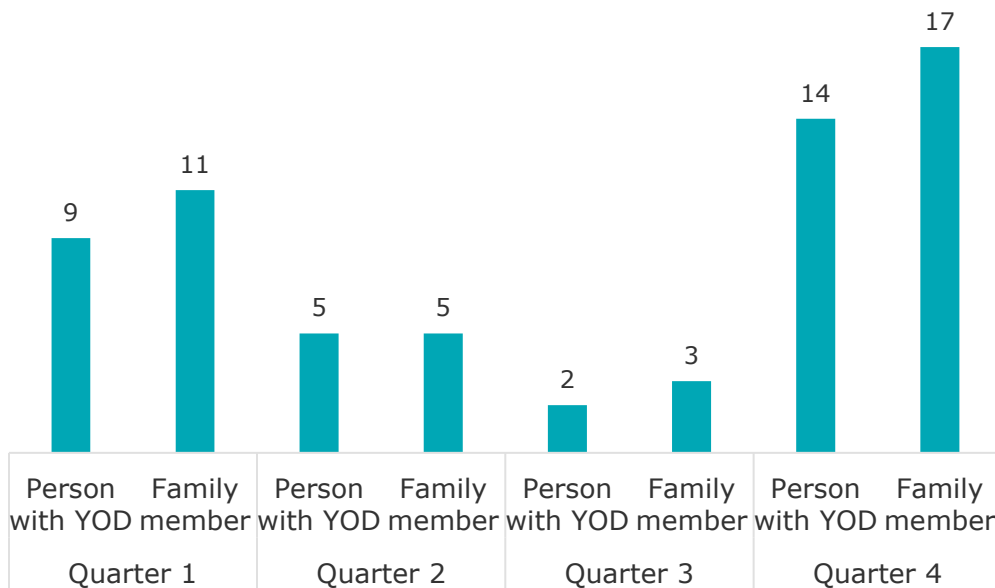
**Information and signposting to other organisations and support networks**

**Individual tailored support for people newly diagnosed with young onset dementia**

**Education and presentations about living with young onset dementia**

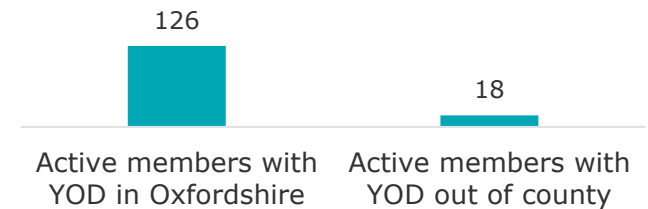
# Referrals and members worked with

New referrals for each quarter

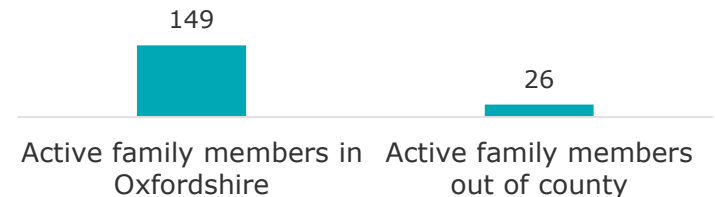


We had **66** new referrals across people with a diagnosis of young onset dementia and their family members.

Active members with YOD at the end of quarter 4



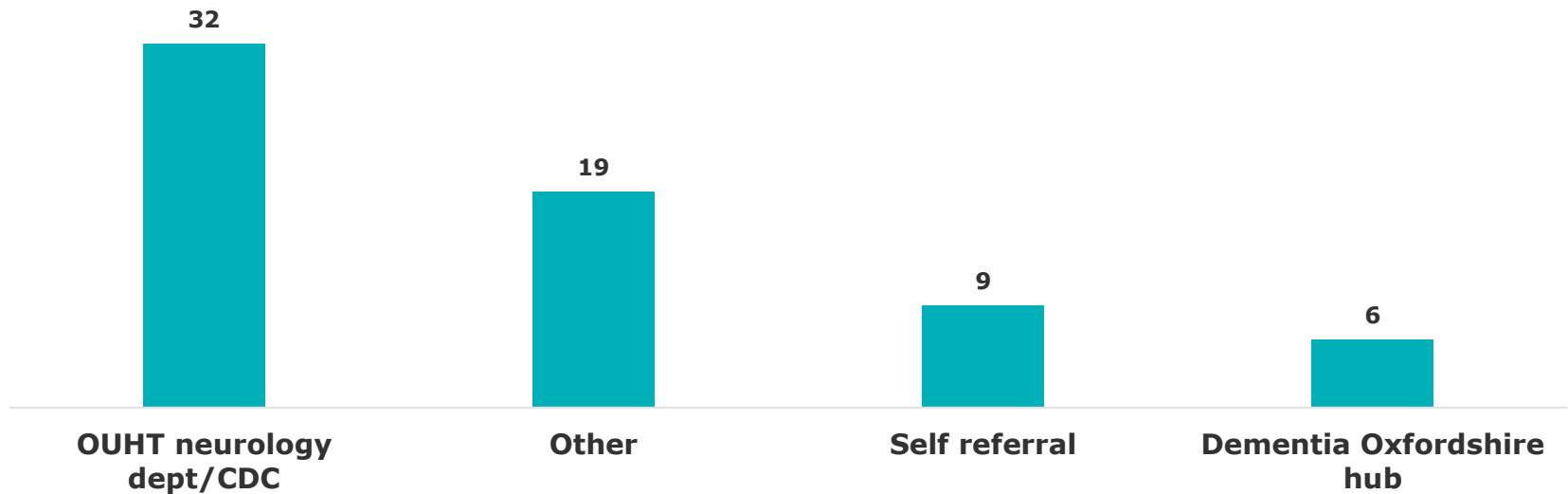
Active family members at the end of quarter 4



At the end of quarter 4 we were supporting a total of **144 active members with young onset dementia** and **175 family members**.

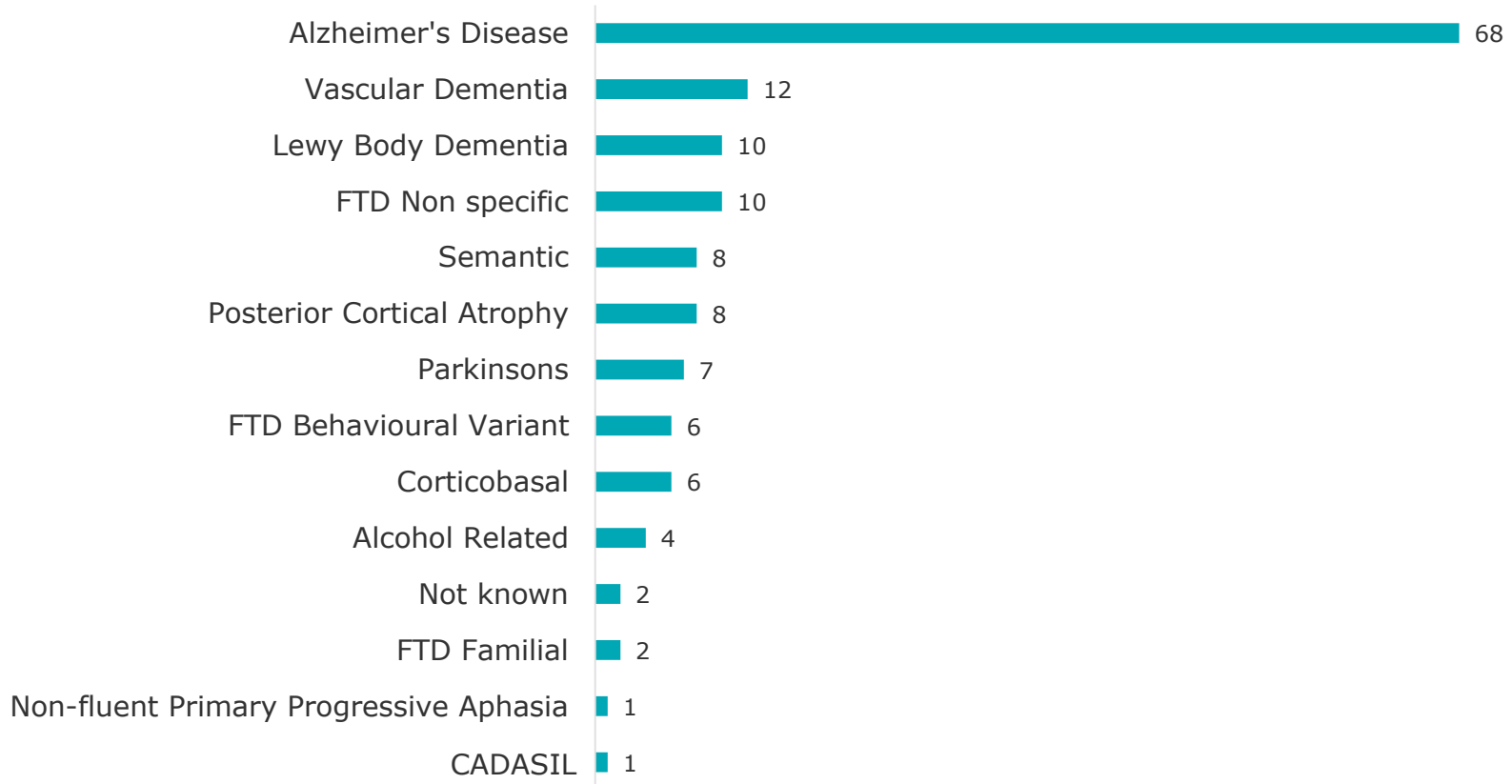
# Referral sources

Source of referrals to Young Dementia Oxfordshire



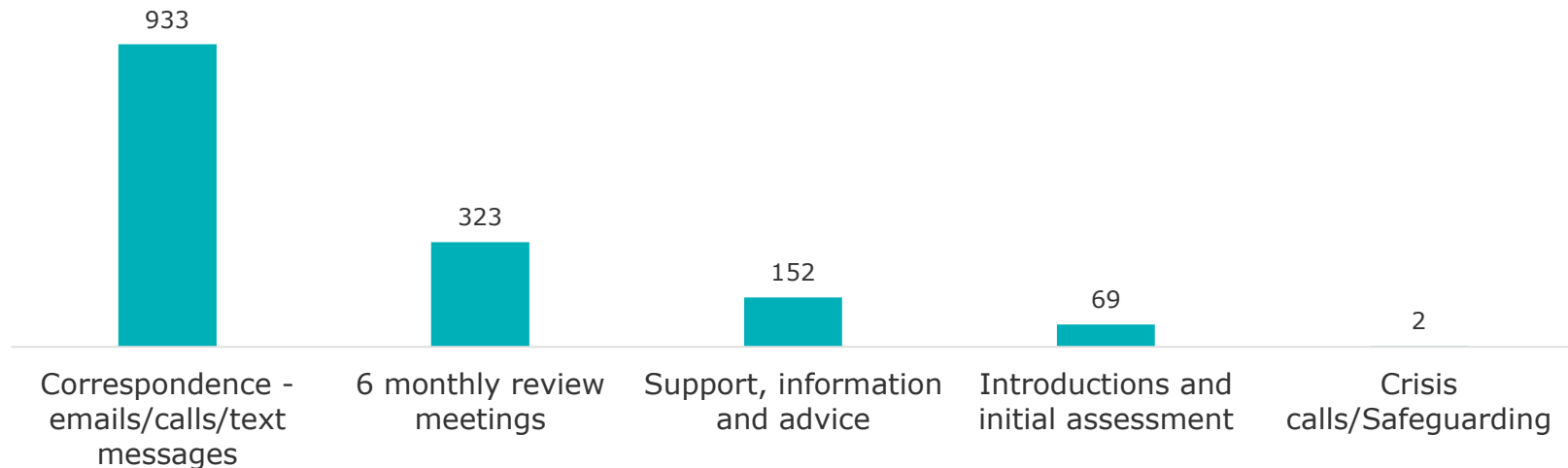
Most referrals came from the Cognitive Disorders Clinic (CDC). Other referrals include social services and healthcare professionals.

# Young onset dementia diagnosis



# Sessions and correspondence

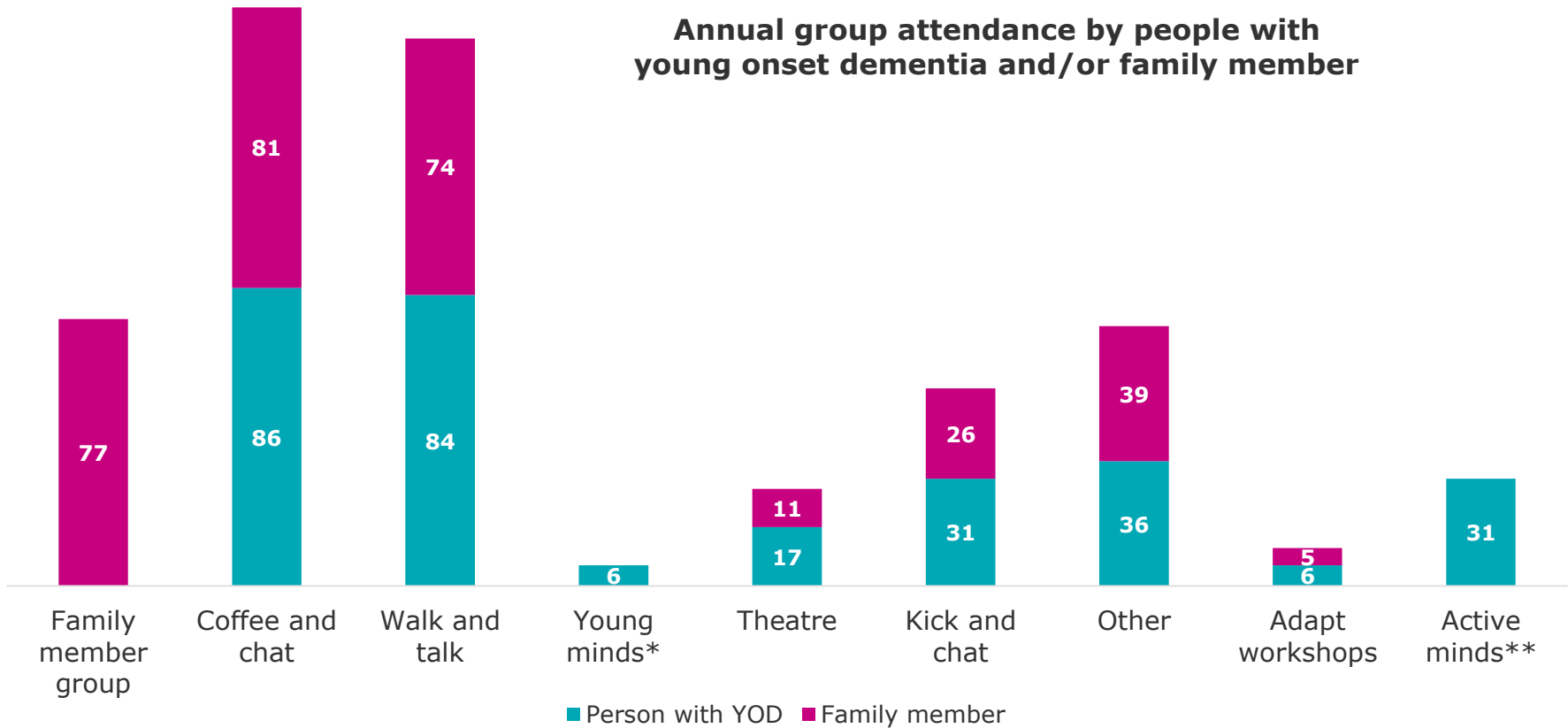
Type and number of individual support sessions and correspondence



We delivered a total of **1,479 sessions** and correspondence supporting people with young onset dementia and their family members. This included **323 individual reviews** with service members. This is in addition to regular contact through group activities.

# Groups

Annual group attendance by people with young onset dementia and/or family member



\*Young Minds was an online group that closed in April 2023

\*\* Active Minds is a Cognitive Stimulation Therapy group that runs on a needs basis

# Highlights from the past 12 months

**Blenheim Christmas  
Light Trail**

**Wheels for all cycle  
event**

**Active Minds -  
Cognitive Stimulation  
Group**

**Theatre trips  
organised for and  
enjoyed by the  
members**

**My care matters –  
workshop sessions**

**Christmas Party**

**Walking Football  
sessions run over  
the summer**

**YODAs presented  
at the Dementia  
UK Summer School**

**Increase in face-to-  
face support (home  
visits and groups)**

**Adapt information  
evening**



# The year in pictures



# Coffee and Chat

## Feedback from our members



**Philip**



**Click speaker symbol to listen**



**Trish**



**Jane and  
Edward**



**John**

# Feedback from a service member

## Overall

Mrs V and I have found the support, encouragement and understanding from the Young Dementia Oxfordshire team invaluable. We have been made to feel extremely welcome at all events and meetings. The team has gone out of their way to make us feel special and normal, they have been friendly without being intrusive and caring and sensitive to the situation in which we find ourselves.

## Communications

The communications from Young Dementia Oxfordshire are always timely and helpful. It is always clear what is going on, how we need to prepare for meetings and events, and what we can expect.

## Relationships

The team has very subtly introduced us to a large number of people and couples who are facing the same issues associated with young onset dementia. They have facilitated the building of relationships for mutual support and encouragement, building a community of people who have common aims, objectives, and challenges. This is true for the carers and those who have had a dementia diagnosis. Everyone is made to feel included even though each person can have very different needs and issues. There is a lightness and humour in the way they achieve harmony through the group when we meet up which energizes us all and creates a joyful atmosphere.

## Technical

The team has provided extremely relevant and specific information in an environment where there is so much information that it is easy to get lost in the volume of advice. This was particularly true in the support given to successfully apply for enhanced PIP. Not only were we guided in the right direction, but the follow-up and encouragement from the team were critical and timely. Although not all applications for support to various bodies were successful, we now have a good sense of what various government bodies offer and what type of support is available. The team's follow-up to any questions has been thorough, reliable, practical, and timely, they follow through on all commitments made.

# Feedback continued

## Signposting

The team's guidance on what activities and services are available to people with young onset dementia is well-researched, relevant, and has proven to be extremely useful. This is particularly true of the encouragement to sign up for the Turtle Song initiative. This type of activity is not generally accessible to most of us without recommendations and provision of information. Help with what questions to ask our GP was also simple but important and although the follow-up from the GP was limited, it has built up our confidence in what to ask for and what is useful to know.

## Meetings and events

The monthly Coffee and Chat at the Ampleforth Arms, the walk around the grounds of Blenheim Palace and the online meet-up for carers have been a lifeline for both of us. These are extremely well-organised and wonderfully facilitated and everyone is made to feel wanted and cared for. They are now an invaluable part of our monthly routine which has proven to help maintain a positive attitude. Not only are they opportunities to meet with and share with others going through the same issues but they also provide an opportunity to ask questions more informally of the Young Onset Dementia Advisors and get a deeper feeling that we are not alone on the dementia journey. The well-organized Christmas Party was also a special time for building friendships and getting to know a group of people at a very relaxed and enjoyable occasion.

## Conclusions

The services, support, and encouragement provided by the Young Dementia Oxfordshire team have been a real game changer for Mrs V and I. We have moved from feeling isolated and not knowing anyone else going through young onset dementia to being cared for and encouraged and supported by people who understand. They have the expertise to give useful practical guidance and advice and at the same time provide opportunities for people with young onset dementia to meet, encourage and support each other on this journey through relevant activities and appropriate discussions.





## Young Dementia Oxfordshire

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28/03/2024

Young Dementia Oxfordshire  
Evaluation report 2023