

Young onset dementia

Around 70,800 people in the UK have young onset dementia, which comes with its own unique set of challenges. Find out more with our top five facts.

1

Dementia is described as ‘young onset’ when symptoms develop before the age of 65. Because dementia is often thought of as a condition that only affects older people, it can take younger people much longer to get a diagnosis. Find expert tips on how to get a dementia diagnosis in our [bite-size guide](#).

2

Unlike dementia in older people, memory loss might not be an early symptom. Instead, problems with language, vision, behaviour or personality changes can be the first to appear. However, these may be mistaken for other conditions such as depression, stress or menopause. Don't put off seeing the GP if you're worried; they can help you get the answers you need.



“I still have to work; I’ve got bills and rent to pay. But I plan to take more holidays with my partner Christine so we can make even more memories together.”

Andy, 52, who has young onset dementia



3

For younger people with a dementia diagnosis, the impact on their lives can be much greater than for older people. They may still have significant commitments like a mortgage and dependent children, many will still be working – and not planning to retire for years – or they could be caring for their own parents.

“It’s important that people with young onset dementia don’t feel isolated. Signing up for activities that aren’t specifically for people with dementia, like a choir, cycling or craft groups, and keeping up with their regular hobbies, is a great way to stay connected.”

Dementia specialist Admiral Nurse Kerry

4

Only about a third of younger people with dementia have Alzheimer’s disease, compared with around 60% of those over 65. Younger people are more likely to be diagnosed with rarer types of dementia, such as posterior cortical atrophy or frontotemporal dementia, which has a genetic link in a third of cases.

5

It can be tricky to find the advice and support you need as most dementia groups are aimed at older people. You can search for **young onset dementia-specific groups** and services or join the **Young Dementia Network**, an online community of people living with young onset dementia, their family members and friends, and professionals working in the field.



Download more **bite-size guides** and our **expert guide to living with dementia.**