

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...



Crafts, DIY and baking



Reminiscence, trips out and cognitive stimulation



Animal therapy



Physical activities and exercise



Music and dancing



Games and quizzes



Celebrations and theme days



Gardening

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 really enjoy the sessions.



Age: Under 65 with Young Onset Dementia



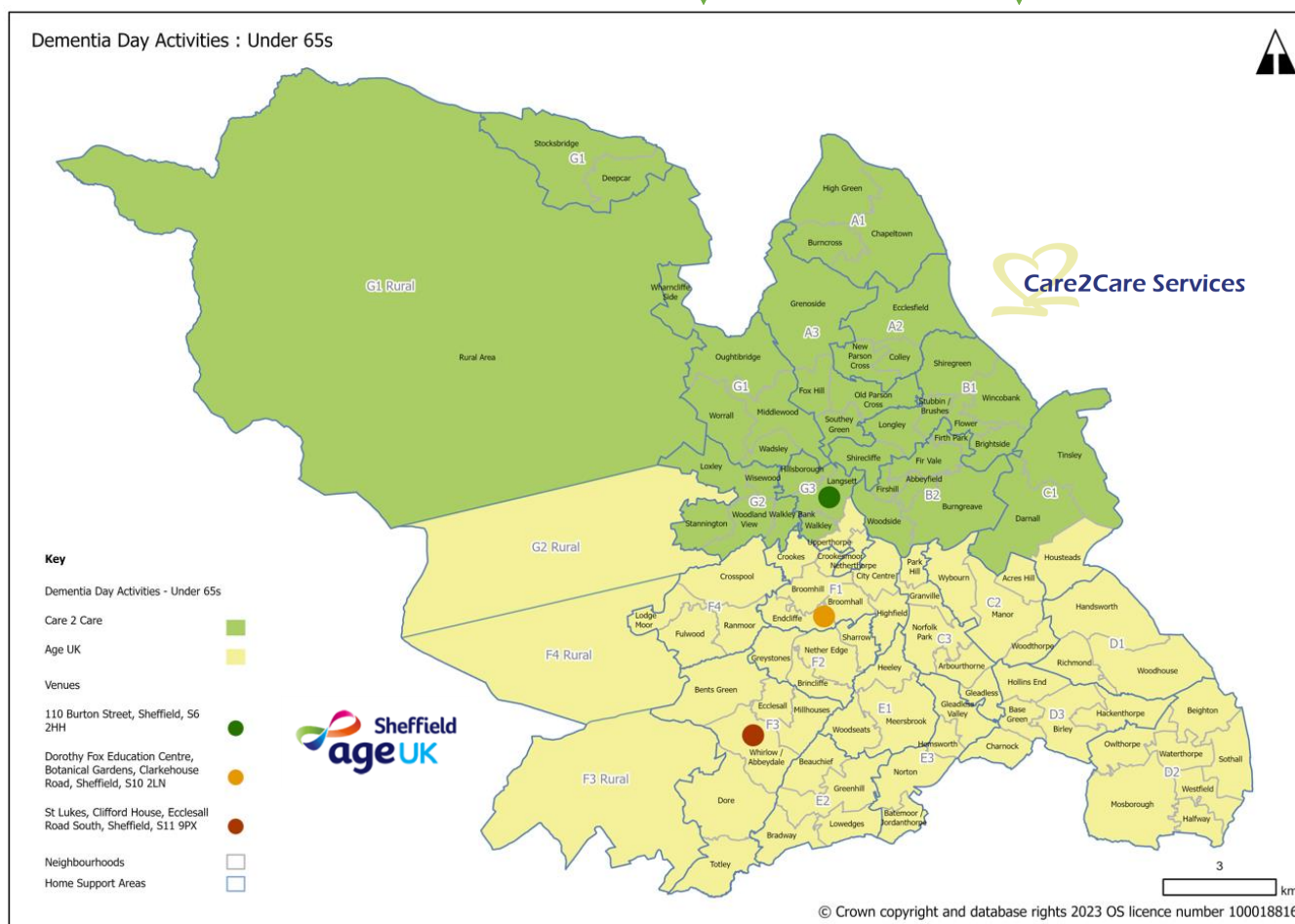
Who to contact if you'd like to join Dementia Day Activities

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 Age UK Sheffield who will direct you
www.ageuk.org.uk/sheffield/our-services/dementia-services.

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

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

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
 - St Luke's, Clifford House, Ecclesall Road South, S11 9PX

What you can expect

- Compassionate and experienced Dementia-trained staff.
- Suitable transport may be arranged on request or you will be supported to make reliable transport arrangements.
- 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 and wellbeing needs are met.
- Hot/cold drinks and light refreshments.
- Feedback to, and support for, your family members and unpaid carers.



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



It has helped me a lot. Before I came here I was not as active as I liked and would spend a lot of time in my flat. I also would not see many people and one of the best things about coming is meeting lots of different people.



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

Today was just lovely. It was great to get out for the day and visit Weston Park.

It's fun here. I like doing quizzes and meeting new people.

The difference it makes to family members...



"Just to say another massive 'Thank You' for the continued support and the positive influence it has on Mum. Mum's short-term memory now can be approx. two seconds bless her. However, while we were walking around the park after the session yesterday her recall of things such as activities that afternoon, names of different birds, her location etc was amazing!!! She even remembered where I'd parked the car and what side of the road I'd parked on. It was so wonderful to see a bit of Mum back. As always after a session with you she then continued to be in a happy mood for the rest of the day, which positively affects me too"

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 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.