

Activity

1. It is important to think about your own feelings and attitudes towards working with younger people with dementia. Tick the words in the list below that best reflects your approach and discuss with a colleague.

- confident or anxious?
- supportive or disbelieving?
- compassionate or embarrassed?
- concerned or indifferent?
- informed or unaware?

2. Find out how many of the people you work with are under the age of 65. What proportion of these are men, and/or are from a black or minority ethnic group? Does this information surprise you? How does it compare to what you have learned about how common young onset dementia is?

3. Next, choose one person under 65 with dementia with whom you work and find out as much as you can about them including what form of dementia they have, how old they were when they were diagnosed, what job they were doing and whether they have children.

4. Spend some time with the person you have found out about (and a family member if appropriate) and try to discover something new about them.

5. Reflect on what you have learned from this activity, in particular think about how (or whether) your own feelings and attitudes towards working with younger people with dementia have changed and discuss this with a colleague.