



Younger Onset Dementia

How Brightwater supports clients and families living with Younger Onset Dementia.



What is Younger Onset Dementia

Younger Onset Dementia (YOD) is any dementia diagnosed under 65 years of age. Dementia affects people's mood, thinking, behaviour and movement.

While dementia is more commonly associated with older people, younger people may also develop the condition. As it is rarer in younger people, it can often be missed, or difficult to diagnose.

It is estimated that there are 3,000 people living with Younger Onset Dementia in Western Australia.

Many people with Younger Onset Dementia live engaged, fulfilling lives with their diagnosis. With the correct supports, people living with Younger Onset Dementia remain connected to their families and communities.

Specialist Support for Younger Onset Dementia

Brightwater provides specialist support for people living with Younger Onset Dementia through a multi-disciplinary allied health team. With a focus on reablement and a rehabilitation approach, Brightwater aims to support clients and families to maintain a connection to what matters most to them.

Brightwater has developed a customised Model of Care for Younger Onset Dementia in collaboration with people with living experience of Younger Onset Dementia. This specialist approach acknowledges the unique experience of Younger Onset Dementia and the role of carers and families.

Model of Care



How We Can Help



Brightwater works in partnership with clients living with Younger Onset Dementia to ensure they remain connected to what matters most while navigating Younger Onset Dementia.



When Olivia received her diagnosis, she informed Brightwater that she wished to remain connected to her family, friends and volunteering at her community garden. She also wanted to continue to cook with her family.



Brightwater's **speech pathologists** assessed Olivia and were able to provide communication training and support for Olivia, her family and friends. With a range of communication supports, Olivia was able to continue her rich social life.



When the **occupational therapist** visited, they assessed Olivia's home, her strengths and challenges, and provided a plan and modifications so Olivia can continue to cook her favourite meals with her family.



Her **physiotherapist** was able to assist Olivia with exercises to ensure she could continue to volunteer at her community garden. Daily activities to improve balance and gait helped to maintain her mobility, reduce her risk of falling and extend her endurance. Ensuring she can participate fully in the gardening activities.



Olivia's **positive behaviour support practitioner** worked with Olivia, her family and community to understand the changes taking place, which were impacting on Olivia's wellbeing and quality of life. Olivia's practitioner supported her with strategies to better meet Olivia's needs and improve her wellbeing.



With a **multi-disciplinary allied health team** wrapping around Olivia and her family, Olivia was able to continue participating in the activities she loved most.



As her Younger Onset Dementia progressed, Brightwater was able to adjust Olivia's supports to accommodate her changing needs. Her family and friends were provided with education to understand the changing aspects of Olivia's dementia.



If Olivia ever required additional **accommodation support**, Brightwater would also be able to offer specialist Supported Independent Living. As part of the Brightwater Younger Onset Dementia residential community, Olivia's family would have the opportunity to connect with other similar families with lived experience with Younger Onset Dementia.

Support Available

Brightwater offers a range of dementia specific support and programs, including:

Therapies

Brightwater's allied health professionals are trained to provide a range of evidence-based, dementia specific services and programs including the COPE and the GREAT Cognitive Rehabilitation programs.

The team work collaboratively with individuals and families to deliver dementia aware services such as Functional Capacity and Sensory Assessments, Housing Reports and Communication Partner Training aimed at rehabilitation and reablement.

Positive Behaviour Support

Our Positive Behaviour Support practitioners are trained to provide dementia specific environmental, social and individual skill-building strategies to enable clients to have their wants and needs met.

Supported Independent Living

Located in a quiet area of Kingsley, Brightwater's Supported Independent Living home is a community home designed specifically for individuals living with Younger Onset Dementia. Our dementia-enabling designed home offers a supportive environment of for 5 clients.



About Brightwater

Brightwater is a not-for-profit organisation, supporting people living with neurological, psychosocial, complex disabilities and older people to live a more independent life. We support people whose lives aren't always easy. We don't simply aim to make their lives better. We aim to help people to live their best possible lives, whatever that means to them.

Brightwater provides a range of services for people living with disabilities including therapy services, support coordination, behavioural assessment and support, and supported independent living.

If you are interested in Brightwater's Younger Onset Dementia approach, you can contact us by:

- Visiting brightwatergroup.com/younger-onset-dementia
- Emailing welcome@brightwatergroup.com
- Or calling us on 1300 223 968



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