



Alzheimer Scotland
Action on Dementia

**Glasgow Younger Persons
Support Service
(GYPSS)**

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Aims of presentation

- Brief overview of young onset issues
- Aims of GYPSS and local context
- Martin's story
- Focus on group work
- Challenges and opportunities for GYPSS
- Future hopes

Younger people with dementia may:

- Have dependent children
- Be in work
- Have financial commitments
- Have greater difficulty in getting diagnosis
- Be more physically fit
- Have a rarer form of dementia

GYPSS Aims:

- To offer support to people with early onset dementia in the Glasgow area
- To provide services to meet needs of individuals and their families
- To promote awareness of dementia in younger people and age appropriate services

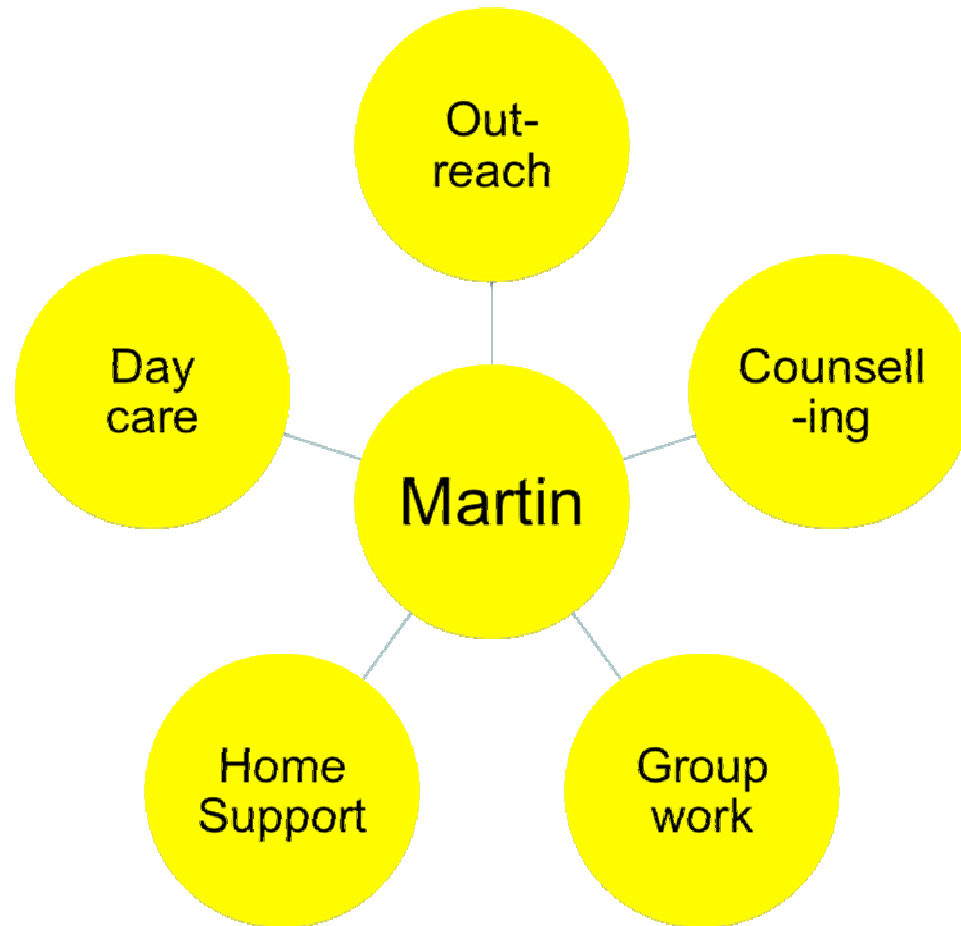
Context

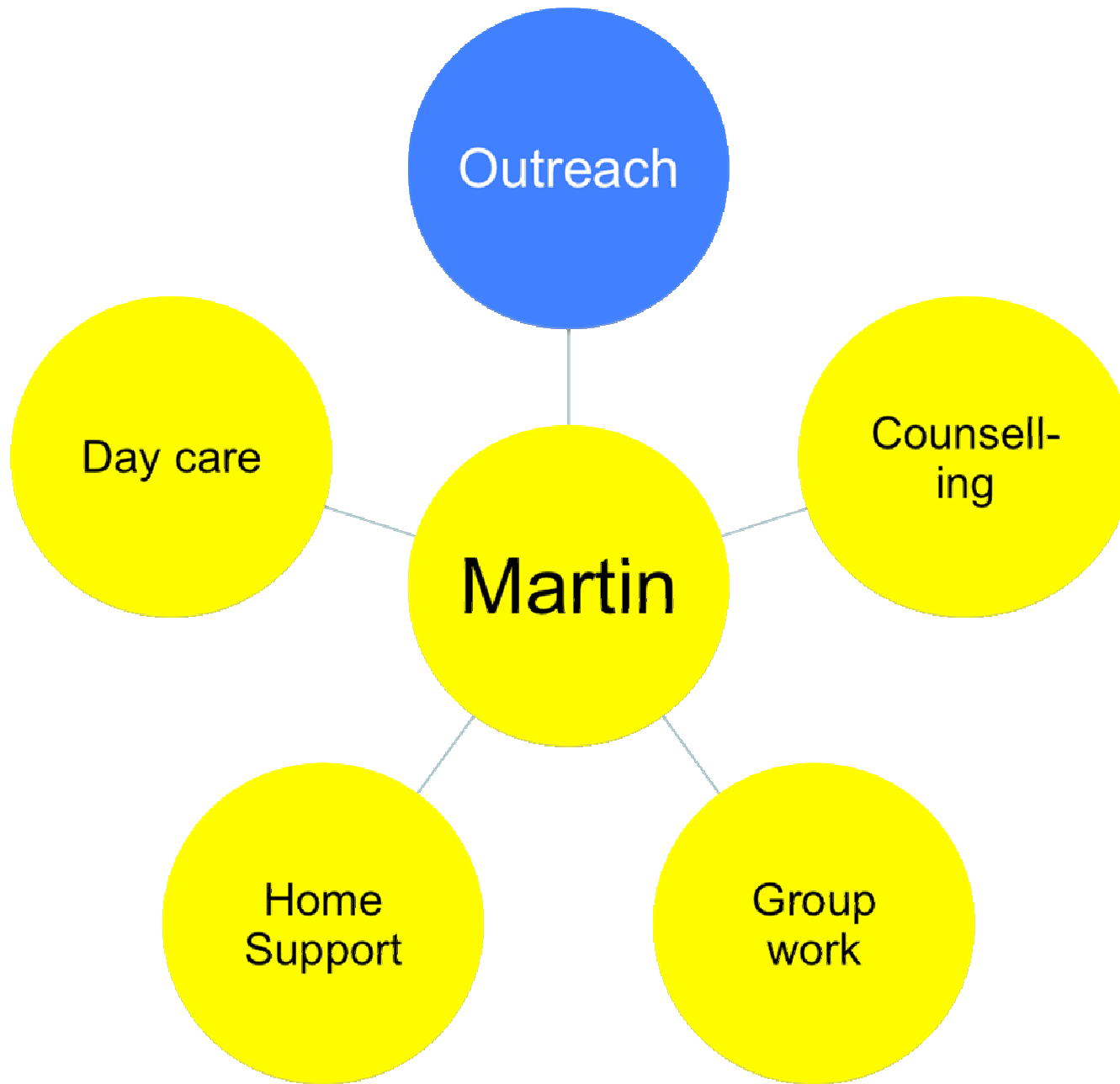
- Cover city of Glasgow
- Estimated numbers in Glasgow 129 – 178
- Cocktail of funding
- Located under Adult Mental Health
- No clear referral pathway

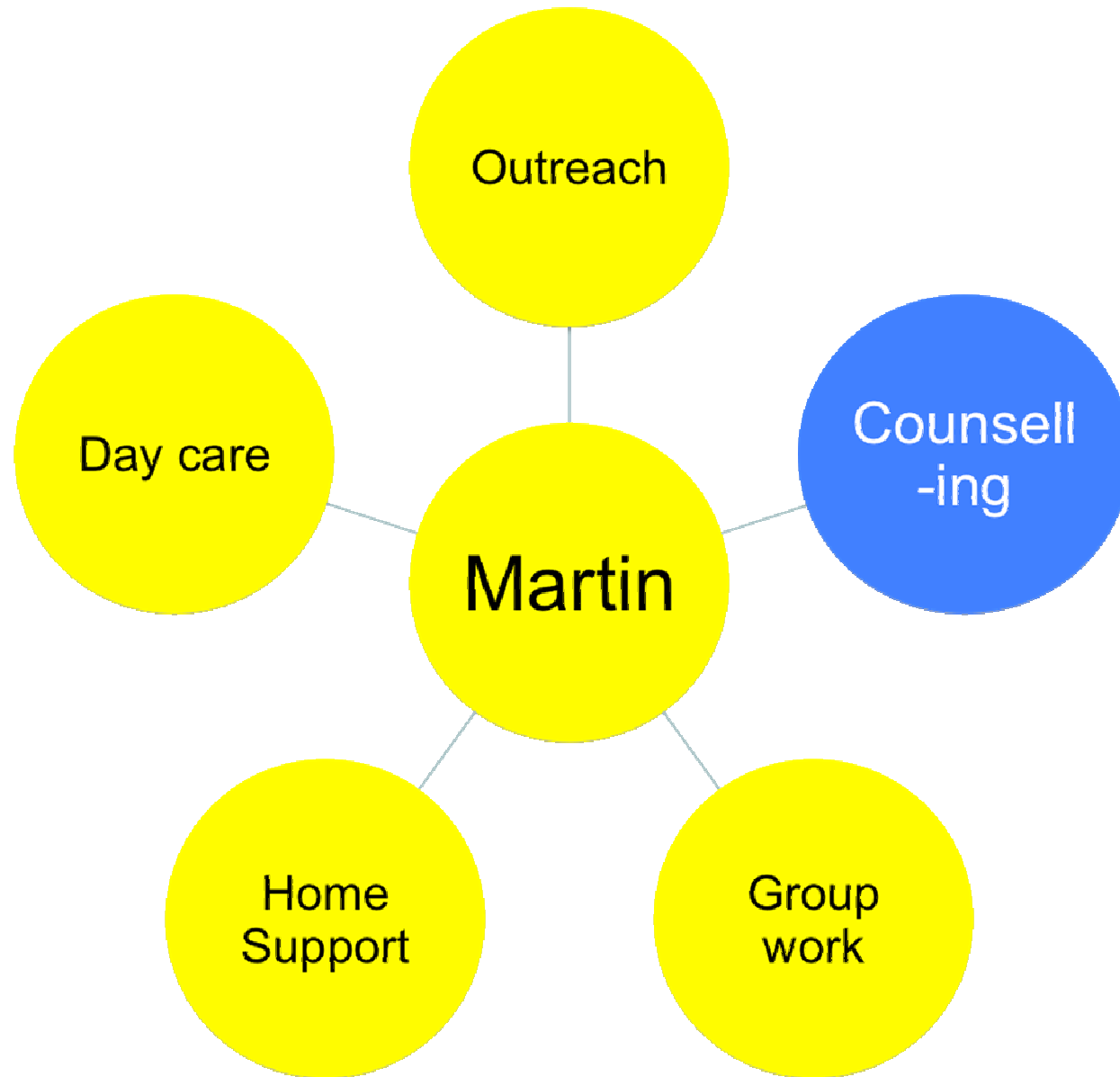
Introduction to Martin

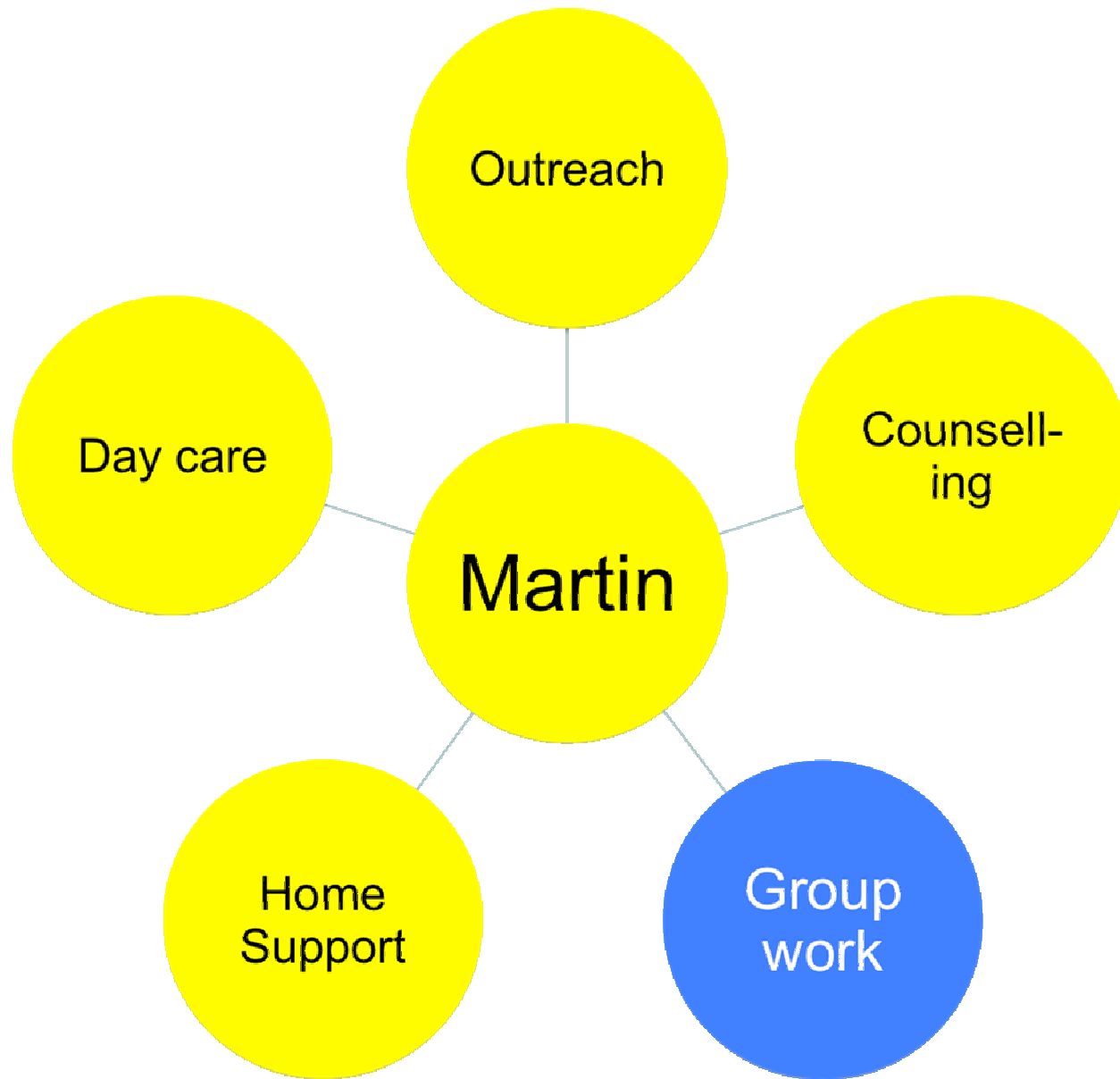
- Man in his mid fifties
- Diagnosed with Alzheimer's disease
- Language impairment, rigid routines
- Married to Jenny
- Two children – teenager still at home

How can we support Martin and his family?

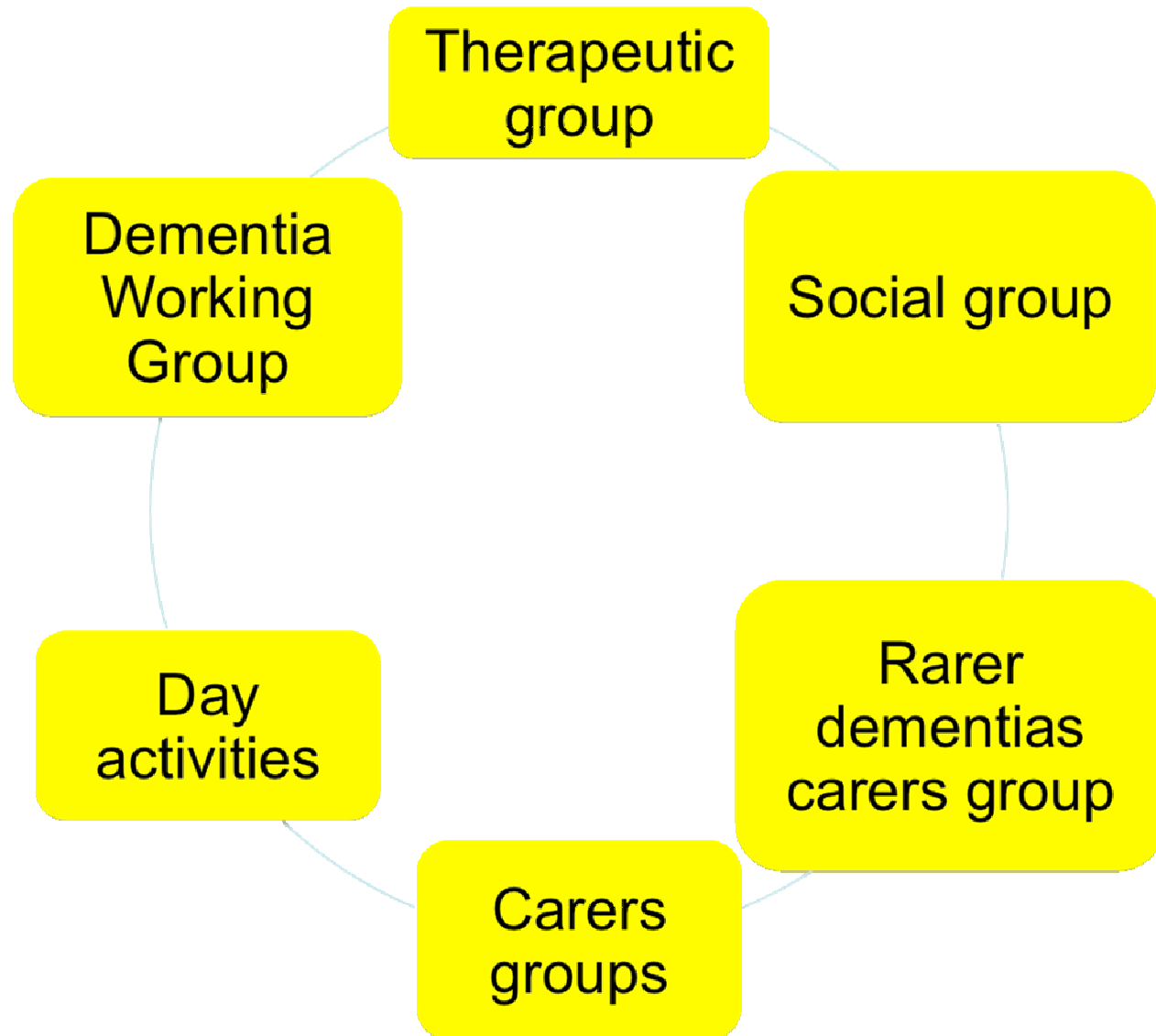








Groups and group work



Therapeutic group

- Time limited – 8 to 13 weeks
- Two facilitators
- Criteria for attending
- Boundaries – time, space, confidentiality

Aims of group

- To improve the person's sense of well-being
- To increase the resources the person has to relate to his/her physical and interpersonal world
- To improve quality of life

Cheston and Bender (1999)

Outcomes

- To improve the person's sense of well-being

"It's been good for me, the group. It's made me feel better about myself. I leave the group feeling good and you don't know the difference that makes."

Outcomes

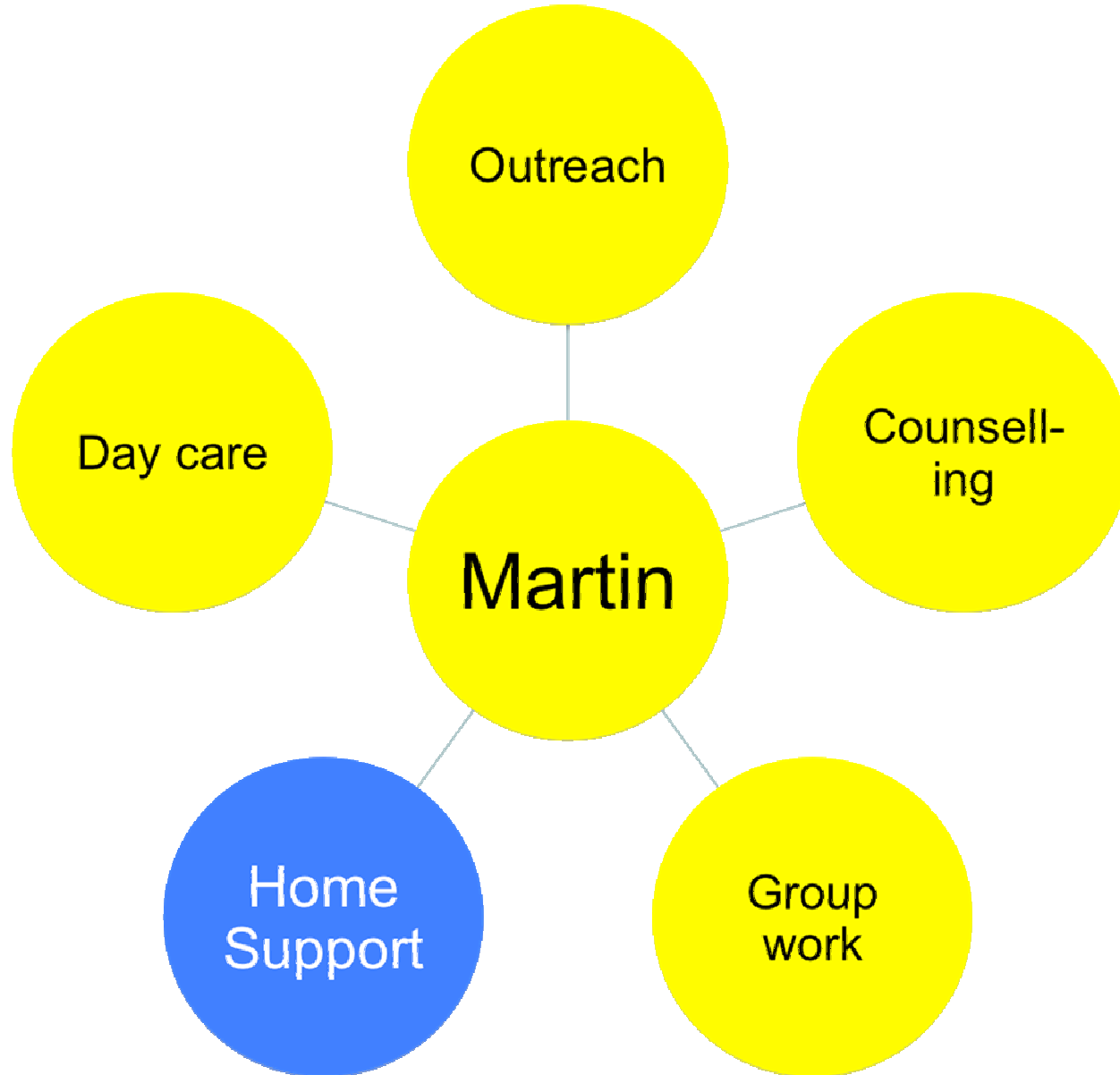
- To increase the resources the person has to relate to his/her physical and interpersonal world

"It's given me more confidence... I'm not alone. It's like a jag of confidence. I cope better at home with other folk."

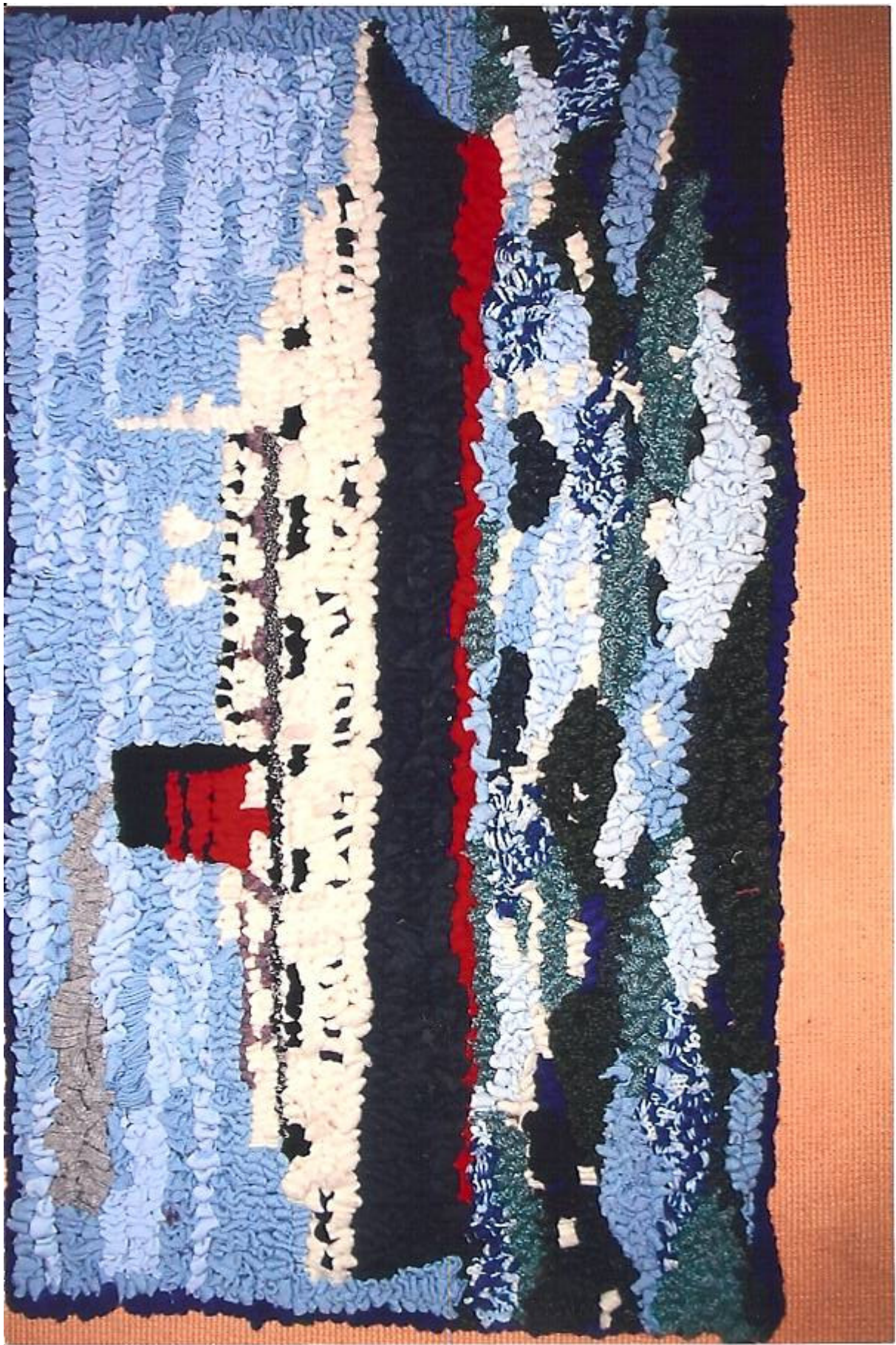
Outcomes

- To improve quality of life

"Things have got better for me since going to the group. Inside and outside."







Challenges in younger onset dementia

- Lack of coordination post diagnosis
- No single lead
- Few respite beds
- Few appropriate long term care places
- Higher proportion of rarer dementias

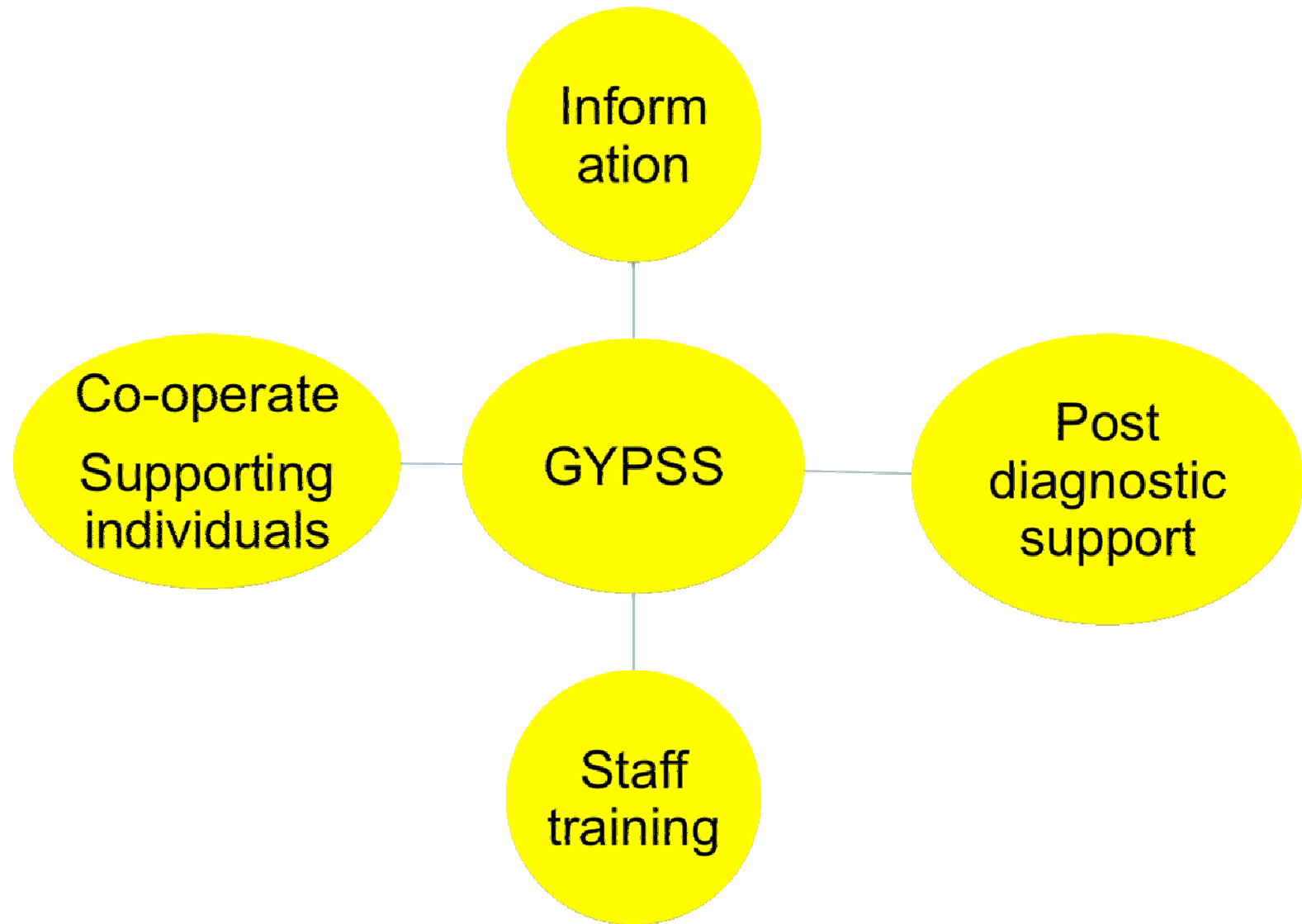
Challenges for GYPSS

- Geographical coverage – 68 sq miles
- Recruitment
- Improve user involvement / influence
- To increase referrals
- No protocol for transition to over 65 services

Opportunities for GYPSS

- Integrated Care Pathways
- Personalisation
- Growing awareness of dementia
- Growing recognition of young onset dementia
- Increasing number of enquiries from outside Glasgow

How we work with other agencies



Future: What we would like to happen

- Specialist team young onset dementia
- Involvement earlier – post diagnosis
- Specific younger onset publications
- Younger onset practitioners forum?
- More people using our resource!

Alzheimer Scotland

Glasgow Younger Persons

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