

Studies

[Organising regional collaborations in Young-Onset Dementia care: how current practice reflects national integrated care policy recommendations](#)

Current practice appears only partially aligned with the integrated care policy for YOD as promising YOD-specific networks exist with different levels of maturity. Organisation depends on the interplay of process-related, contextual, and structural conditions requiring coherent, cross-sector approaches to overcome specific challenges inherent to rare, complex conditions. This is the first study to map YOD-specific collaborations in integrated dementia care networks, clarifying how integrated care policy for a small, complex population is reflected in practice.

[Global burden of disease due to young-onset dementia and the forecast for 2050: update from global burden of disease study 2021](#)

YOD burden has risen over time and is associated with modifiable factors such as high blood glucose and body mass index. The increasing trend is expected to persist, highlighting the need for effective management strategies to reduce future socioeconomic impact.

[Social Health Experiences and Support Needs of People Living With Young-Onset Dementia: A Qualitative Study](#)

People living with young-onset dementia seek to maintain independence and get timely and accurate information, despite barriers, such as employment loss, financial strain, stigma, and lack of age-appropriate dementia care. Inadequate information on young-onset dementia and unclear support pathways affect their psychological and social health. People living with young-onset dementia seek connection, advocate for greater understanding, and demand age-appropriate care. They should have access to tailored and dedicated services across health and care systems. Interventions for people living with young-onset dementia should promote autonomy and independence, offer support for families affected by young-onset dementia, and provide timely, right amount of and positive information. Public awareness initiatives should aim to reduce stigma and enhance understanding, and policies must address age and location-based inequalities. Most importantly, the voices of people living with young-onset dementia must guide the development of services and strategies to ensure their rights, needs and experiences are fully recognised.

Article

[Low Vitamin D Levels Tied to Alzheimer's Brain Changes](#)

Men and women with low vitamin D levels in their 30s and 40s were at increased risk of having brain changes typical of Alzheimer's disease later in life, according to a new report. The study found that as they approached age 60, those with low vitamin D levels around age 40 tended to have higher brain levels of tau, a toxic protein that is a hallmark of Alzheimer's disease. Buildup of tau can lead to the formation of spaghetti-like tangles that choke off healthy brain cells, speeding the onset of dementia.

Cochrane Review

[Amyloid-beta-targeting monoclonal antibodies for people with mild cognitive impairment or mild dementia due to Alzheimer's disease](#)

The effect of amyloid-beta-targeting monoclonal antibodies on cognitive function and dementia severity at 18 months in people with mild cognitive impairment or mild dementia due to Alzheimer's disease is trivial, while on functional ability, it is small at best. Amyloid-beta-targeting monoclonal antibodies increase the risk of amyloid-related imaging abnormalities. Both desirable outcomes and adverse events were inconsistently reported in the studies included in the review. Successful removal of amyloid from the brain does not seem to be associated with clinically meaningful effects in people with mild cognitive impairment or mild dementia due to Alzheimer's disease. Future research on disease-modifying treatments for Alzheimer's disease should focus on other mechanisms of action.

Public event

[Young Onset Dementia Awareness Day](#)

Liverpool Dementia Action Alliance is holding a Young Onset Dementia Awareness Day at Liverpool Central Library, William Brown Street, Liverpool L3 8EW. The free public event, taking place on Thursday 7th May 2026 from 10am-4pm, aims to raise awareness of the condition, challenge public assumptions that it only affects older people and connect younger people and their families with the support they need.

Blogs

[How music can help you support brain health](#)

Music is a key part of many of our lives – from spontaneous kitchen dance parties to those songs that instantly transport us back to a moment in time. Early research suggests music engagement could even be linked to brain health. A recent study in older adults suggests that those who regularly listened to music had a lower risk of developing dementia.

[The ripple effect: photovoice and the lived experience of dementia](#)

Photographs taken by people with memory loss shared a story that statistics never could. New research asks: what happens when those images go on show?

Video

['Little Rock' shines a light on children and families](#)

'Little Rock' is a new short film from Younger People With Dementia (YPWD) which tells the story of Lana, a teenager learning to live with her dad's decline due to young onset dementia.

Podcasts

['Young hearts, hard news: talking to kids about dementia'](#)

This episode of the 'Defy dementia' podcast explores how to talk to children and young people about dementia in an age-appropriate, stigma-reducing way. Angeleta Cox shares how she talked about her late mother's young onset Alzheimer's disease diagnosis to her children. And Hannah Gardner, Consultant Admiral Nurse for Children and Young People at Dementia UK, discusses improving support and awareness for children and young people living in families affected by dementia.

['Woman's Hour' highlights young onset dementia](#)

A campaign to highlight the caring duties that fall on the families of people diagnosed with young onset dementia launched in April 2026 on Radio 4's 'Woman's Hour' programme. Presenter Nuala McGovern spoke to Emilia, who spent her teenage years tussling with the medical community to get her mother – who was in her late 40s – a dementia diagnosis, and Amy Pagan from the charity Younger People With Dementia. The interview starts 15 minutes into the programme.

[Season three of My life with dementia](#)

Dementia UK has launched the third season of its award-winning podcast, '[My life with dementia](#)'. The podcast shares first-hand stories from families facing dementia, alongside life-changing advice from Dementia UK's specialist Admiral Nurses. Presented by Ted Lasso's Kola Bokinni, season three of 'My life with dementia' is out weekly from Tuesday 21st April 2026.

Webinars

[Autism and young onset dementia](#)

Our webinar on Tuesday 19th May 2026 at 12.30-1.30pm will explore the experiences of autistic people when accessing dementia healthcare, highlighting some of the barriers they may encounter and the importance of making services more accessible and inclusive.

[New insights on working with dementia](#)

Our webinar on Wednesday 17th June 2026 at 12.30-1.30pm will share emerging evidence from three research projects currently underway by the Working With Dementia Network Plus Research Team exploring dementia and employment. Presentations will cover priorities for improving work experiences, the economic impacts of young onset dementia, and how employment law is applied in practice.

News

[Markers of biological ageing could help diagnose Alzheimer's](#)

Research led by Dr Bryan Ng, Prof Nick Fox and Prof Henrik Zetterberg (UK DRI at UCL) has demonstrated that biomarkers linked to ageing are altered in people who have Alzheimer's. The study, [published in Alzheimer's & Dementia](#), highlights the role of brain ageing in various neurodegenerative diseases and identifies biomarkers that may be useful to differentiate neurological conditions.

[Launching the Alzheimer's Disease Atlas at ADI2026 Conference](#)

On 15 April, at the ADI Conference in Lyon, France, ADI shared the Alzheimer's Disease Atlas, a first-of-its-kind website mapping the global landscape of Alzheimer's disease. Allowing users to see, for the first time, all country-reported dementia case numbers in one place, providing users the opportunity to delve into single country insights, compare country data, and download PDF reports.

[The training gap: a hidden injustice in dementia care and how to fix it](#)

This series of reports sets out what dementia training is currently offered and the quality of that training.

[New Alzheimer's Report on Brain Health](#)

Nearly all adults ages 40 and older surveyed for the report (99%) say maintaining brain health — how well individuals think, learn and remember — is at least as important as physical health. Yet only 9% say they know a lot about how to maintain it. More than two-thirds worry about their brain health and about developing Alzheimer's disease or other types of dementia. While most believe lifestyle behaviors are very important for brain health, fewer than half strongly link these behaviors with reducing the risk of Alzheimer's or other dementias.