

Early Onset Dementia and its Impact on the Psychological Wellbeing

Elisa Marcellino*

Children and Young People Wellbeing, Improved Futures, United Kingdom

***Corresponding Author:** Elisa Marcellino, Children and Young People Wellbeing, Improved Futures, United Kingdom.

Received: February 08, 2023; **Published:** February 10, 2023

Early-onset dementia (EOD) is the presence of dementia before the age of 65. According to the research in this field, the number of cases with EOD remains lower [2] and it seems there is a link between EOD and genetic or metabolic disease [3].

With regards to the different types of dementia, Alzheimer's, Vascular, Frontotemporal and Lewy Bodies remain the most common in both older adults (> 65 years) and younger adults (between the age of 35 - 65), yet not among those younger than 35 [4]. It is important to accurately diagnose EOD, particularly because it differs from late onset dementia in management and course [1].

Adjusting to a diagnosis of dementia is challenging at any age and when it presents at a younger age can greatly impact one's world with consequences in their personal and interpersonal life. EOD, therefore, requires the individual to face some additional challenges due to their younger age. Some of these challenges are likely to involve their work life, family, children, social life and they can ultimately impact on their sense of self, identity, self-esteem, confidence. This is often followed by changes in their emotional responses to events with mood swings, depression and anxiety.

EOD has also an impact on carers who are at risk of becoming burned out and experienced a wide range of concerns [5]. A diagnosis of early onset dementia, therefore, impacts on both the individual and their supporting system which includes their family.

Unfortunately, there is still a limited amount of research on how the EOD impacts on emotional wellbeing and the effect on carers.

Research should focus more on this topic because by building a greater understanding of the psychological impact of this diagnosis, clinicians will be able to support people living with dementia to maintain a purposeful role in their family and in society. In turn, this will better inform mental health services on how to best support both patients and carers in this journey. Accessing the right support is fundamental when it comes to young onset of dementia where services should always focus on the person rather than the diagnosis. Despite there will be some similarities in how the same type of dementia may affect people, there will also be many differences as dementia is not the same in different people.

Bibliography

1. Mendez MF. "The accurate diagnosis of early-onset dementia". *The International Journal of Psychiatry in Medicine* 36.4 (2006): 401-412.
2. Lambert MA, et al. "Estimating the burden of early onset dementia; systematic review of disease prevalence". *European Journal of Neurology* 21.4 (2014): 563-569.

3. Sampson EL, *et al.* "Young onset dementia". *Postgraduate Medical Journal* 80 (2004): 125-139.
4. Kelley BJ, *et al.* "Young-onset dementia: demographic and etiologic characteristics of 235 patients". *Archives of Neurology* 65 (2008): 1502-1508.

Volume 15 Issue 2 February 2023

© All rights reserved by Elisa Marcellino.