# Addressing psychosocial needs in young onset dementia through transnational knowledge transfer and care innovation

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YOUNG-D

## Background

Young onset dementia (YOD) often goes along with increased **stress and sleep problems**, which affects quality of life

Relaxation exercises such as **breathing and mindfulness** have been described to help cope people with these issues

The **YOUNG-D program** was developed and intended for people with YOD to provide tools and coping mechanisms regarding stress and sleep management



## Problem

(Future) healthcare professionals don't always:

- **know how to handle** emotional distress and questions regarding relaxation or sleep problems when they occur during their caregiving for people with YOD
- **feel skilled or secure** to provide these relaxation techniques to people with YOD

## Aim

To **develop a training manual and an e-learning** for **healthcare professionals and students** to help them gain insight in the possibilities of breathing and mindfulness techniques as tools to cope with emotional distress and sleep problems in YOD




## Methods

- **2021:** Development of a behavioural program (JONG-D) in co-creation with YOD care providers in Flanders (Odisee University of Applied Sciences, Belgium)
- **2022:** Start of the YOUNG-D project and co-creation process with seven European care and educational partners (YOUNG-D program)
- **2022-2024:** Implementation and development of the YOUNG-D program
- **2024:** Testing and finalising e-learning YOUNG-D
- **2025-current**: dissemination and continuation

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Scan the QR code for the e-learning

## Results

Based on European co-creation, an integral **YOUNG-D training manual and e-learning** was developed and provided to help healthcare professionals and students understand the interplay between YOD and feelings, emotions and sleep as well as the application of relaxation techniques such as breathing and mindfulness in YOD

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