



Young Onset Dementia Care Plan: A Shared Guide for Individuals & Carers

This care package is designed to support individuals with Young Onset Dementia and their carers through clear guidance, compassionate tools, and practical strategies. Together, it helps both individual and carers move forward with confidence, dignity, and shared purpose.

Our approach blends neuroscience, Polyvagal principles, and person-centred practice to support both the YOD individual and the carer as equal partners on this path. We focus on safety, dignity, identity preservation, and connection — recognising that emotions, relationships, and the nervous system all shape how people experience dementia. Every strategy is designed to reduce overwhelm, strengthen co-regulation, and make daily life more predictable, calm, and meaningful.

Let us walk this path with you — connect with us today to explore how this package can help.

Who will benefit from this care package?

- Individuals diagnosed with Younger Onset Dementia
- Primary carers, partners, and close family members
- Support workers, allied health professionals, and coordinators
- Couples or families wanting to maintain connection and preserve identity through the progression of YOD

What are the benefits of this care package?

- Helps both parties understand what is happening and why
- Strengthens emotional regulation and co-regulation
- Supports identity, dignity, and autonomy for the person with YOD
- Reduces carer overwhelm through practical tools and scripts
- Creates a living plan that can grow and adapt to the needs of the family



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Lessons Included in the Package

1. Nervous System Primer
2. How Young Onset Dementia Progresses
3. Setting Shared Goals that Matter
4. Walking the Path Together – Teamwork in Action
5. Holding on to Me: Preserving Identity and Dignity (YOD)
6. Holding on to You: Preserving Identity and Dignity (Carer)
7. Boundaries as Bridges, Not Walls
8. The Losses You Can't See: Grief in Younger Onset Dementia
9. The Hidden Load: Grief in Carers
10. Spaces that Soothe: Environment Adjustments
11. Easing the Senses: Sensory Adjustments
12. Routines that Restore: Daily Schedule Building
13. Emotional Regulation Toolkit – Mindfulness, Senses, & Creativity
14. Strengthening Health – Managing Modifiable Risk Factors in YOD
15. Co-Regulation in Practice
16. Nurturing the Relationship in YOD
17. Shared Storytelling: Remembering and Reconnecting
18. Rituals of Connection: Building Daily Anchors
19. Collaborative Decision-Making: Choosing Together
20. Shared Creative Expression: Creating Together

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Tiers and Inclusions

BRONZE	SILVER	GOLD
A\$220	A\$440	A\$660
• 2 consultations (Initial and Exit) • 6 months access to all materials • Call and Email Support for technical inquiries	• 2 consultations (Initial and Exit) • 1 year access to all materials • 5 sessions with Practitioner (45-60mins/session) • Call and Email Support for technical inquiries	• 2 consultations (Initial and Exit) • 1 year access to all materials • 8 sessions with Practitioner (45-60 mins/session) • Call and Email Support for technical inquiries

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