



【For Immediate Release】

**Jockey Club Centre for Positive Ageing Launched the
First Younger Onset Dementia Project in Hong Kong**
Providing Free Support for the Neglected People with Younger Onset Dementia

(7 February 2023, Hong Kong) According to the statistics from the World Health Organization, up to 9% of people with dementia are people with younger onset dementia. Deducing on this figure on the circumstances in Hong Kong, it is estimated that there are currently more than 13,000 people in Hong Kong who are with younger onset dementia. Yet, the current social support is mainly for people with dementia who aged 60 or above, people with younger onset dementia are often neglected.

With the generous donation by The Hong Kong Jockey Club Charities Trust, Jockey Club Centre for Positive Ageing (JCCPA) has launched the first systematic pilot project in Hong Kong, the “Jockey Club Younger Onset Dementia Support Project”. This 3-year innovative pilot project aims to support people who are suspected/diagnosed with younger onset dementia and also their family caregivers. The project adopts the evidence-based service model based on the strategy developed by Alzheimer’s Australia (now as Dementia Australia) and the workbook namely “Working collaboratively with clients and family carers: A Practical guide to implementing the Goal Attainment Scale in younger onset dementia care services: Workbook activities”, developed by Associate Professor Victoria Traynor (University of Wollongong, Australia). With the service model, we hope to support our service targets and formulate a suitable “well-being action plan” for the future. Also, to help caregivers understand their role changes and develop different coping mechanisms from a new perspective, thus, to enhance their positive caring experience, knowledge and skills, to relieve their burden of caring, and walk with people with younger onset dementia.

Professor Timothy Kwok, the Director of Jockey Club Centre for Positive Ageing said, “Currently, Hong Kong has very limited support for people with younger onset dementia and also their caregivers. Therefore, we are very grateful for the donation from the Hong Kong Jockey Club Charities Trust. This has enabled JCCPA to implement the ‘Jockey Club Younger Onset Dementia Support Project’. With the project, we could provide appropriate services suiting the unique needs of people with younger onset dementia. Hence, the elder/young family members will be having fewer chances of suffering from feeling helpless due to the sudden change.”



Dementia is a general term for patients with an abnormal decline in brain function caused by neurodegenerative disease; it is also a disease that occurs due to the gradual loss of brain function, which affects memory, thinking, language, judgment, behavior and character of people with younger onset dementia. If dementia-related symptoms were exhibited at or before the age of 65 on oneself, it would be defined as younger onset dementia. Its clinical features would differ from people with dementia. Hence, there would be many life changes and different experiences facing by people with younger onset dementia that are worth our attention. Younger onset dementia involves many causes, such as alcohol consumption, metabolic causes, genetic diseases, etc. The causes of younger onset dementia are more extensive than general dementia; and more related to family history.

When dementia-related symptoms exhibit, most of the people with dementia are still working or are the primary caregivers in the family, with elderly parents and young children to take care of. Therefore, people with younger onset dementia and their families may face more challenges than elder people with dementia.

A caregiver, Mr Mung said: “When I learned that my wife was diagnosed with younger onset dementia, I could not accept her diagnosis at the beginning. Thanks to the support and encouragement given to us by the project, I am now slowly learning how to take care of my wife. The project also allows me to learn dementia-related knowledge and care skills through different channels, and now I have finally mastered some methods.”

The three-year “Jockey Club Younger Onset Dementia Support Project” is designed to provide free support for people who aged 40-65 with suspected/diagnosed younger onset dementia and their caregivers. Services include:

- **Diagnostic Service**

Providing a one-time free diagnosis and examination for those who have not been diagnosed with younger onset dementia (including the first doctor consultation, blood and urine laboratory tests, 3.0T MRI brain scan). If necessary, participants may need to pay other expenses for further diagnosis recommended by the doctor.

- **Dedicated Case Manager**

Free follow-up services and providing care training for people who are diagnosed with younger onset dementia and their caregivers.

- **Specialist/Professional Consulting Services**

Providing free referrals to designated specialists / speech therapy services / occupational therapy services / family therapy services for participants in need.

For details of the project, please visit: <https://www.jccpa.org.hk/en/projects/yod/>

About Jockey Club Centre for Positive Ageing

The Jockey Club Centre for Positive Ageing is a non-profit integrated service centre for dementia inaugurated in 2000. The centre was established with donations from The Hong Kong Jockey Club Charities Trust and managed by The Chinese University of Hong Kong. It is committed to providing quality training to people with dementia to delay the decline in cognitive ability and encourage them to maintain normal social activities. It also helps to relieve stress among family members through supporting services and aids the further development of dementia care through training and research.

Website: www.jccpa.org.hk

Media Enquiry

Jockey Club Centre for Positive Ageing

Michelle Cheung

Tel: (852) 2946-8104 / 9631-8482

Email: michelle.ym.cheung@jccpa.org.hk