

Odisee

UNIVERSITY OF APPLIED SCIENCES

Young onset dementia
research&projects

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Research group

RESEARCH CLUSTER HEALTH

Active neighbourhoods and lifestyle interventions

Within this focal point, the ways in which active neighbourhoods and lifestyle interventions can promote health are being investigated. After all, health promotion through neighbourhood-based care, healthy diet, sleep, adequate exercise, etc. appears to be a crucial approach in healthcare. Want to know more? Then be sure to take a look at our projects.





Research team

Psychosocial research in Young Onset Dementia

- **Anxiety, stress and sleep problems in YOD**
- Connecting psychosocial care between home and (semi) residential care in YOD: anxiety, stress and sleep
- Sexuality and intimacy in YOD
- Stress and sleep for partners and children in YOD



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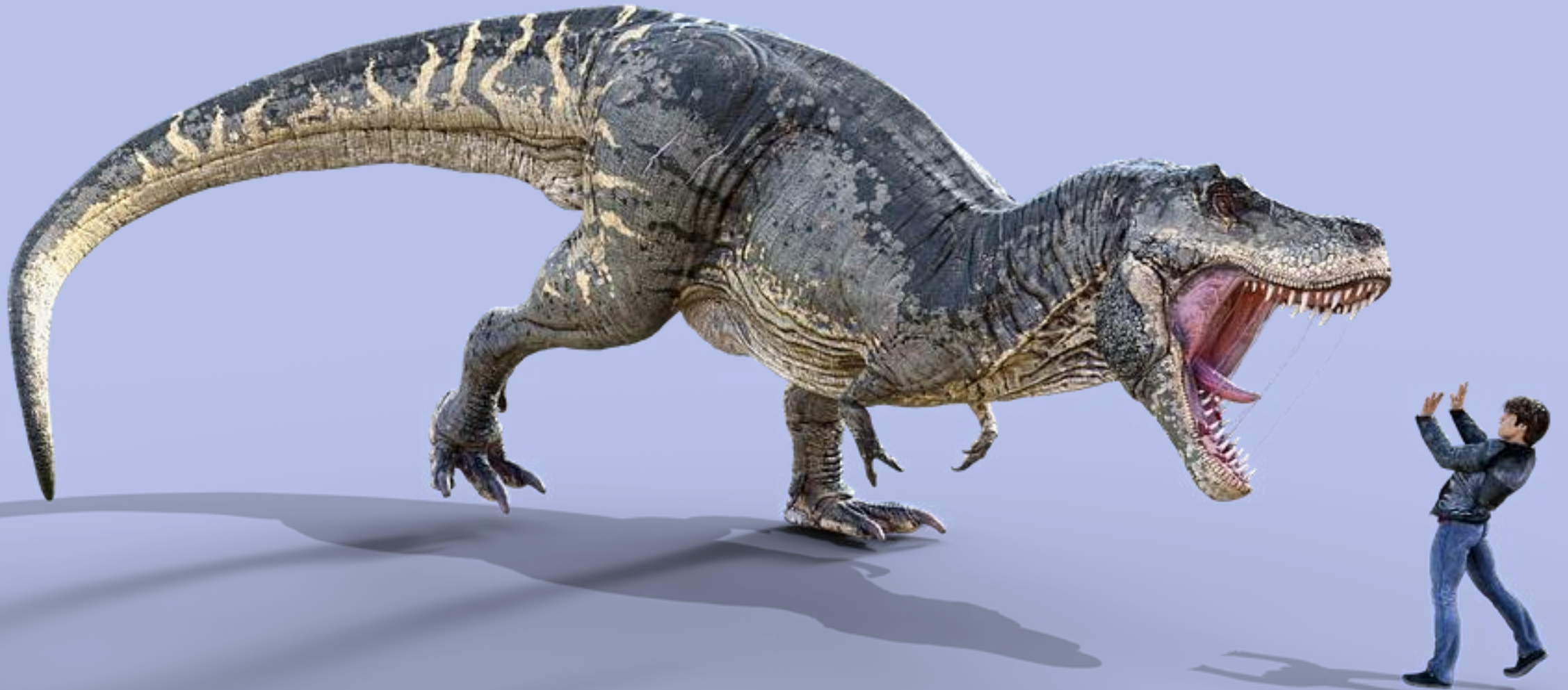


YOUNG-D



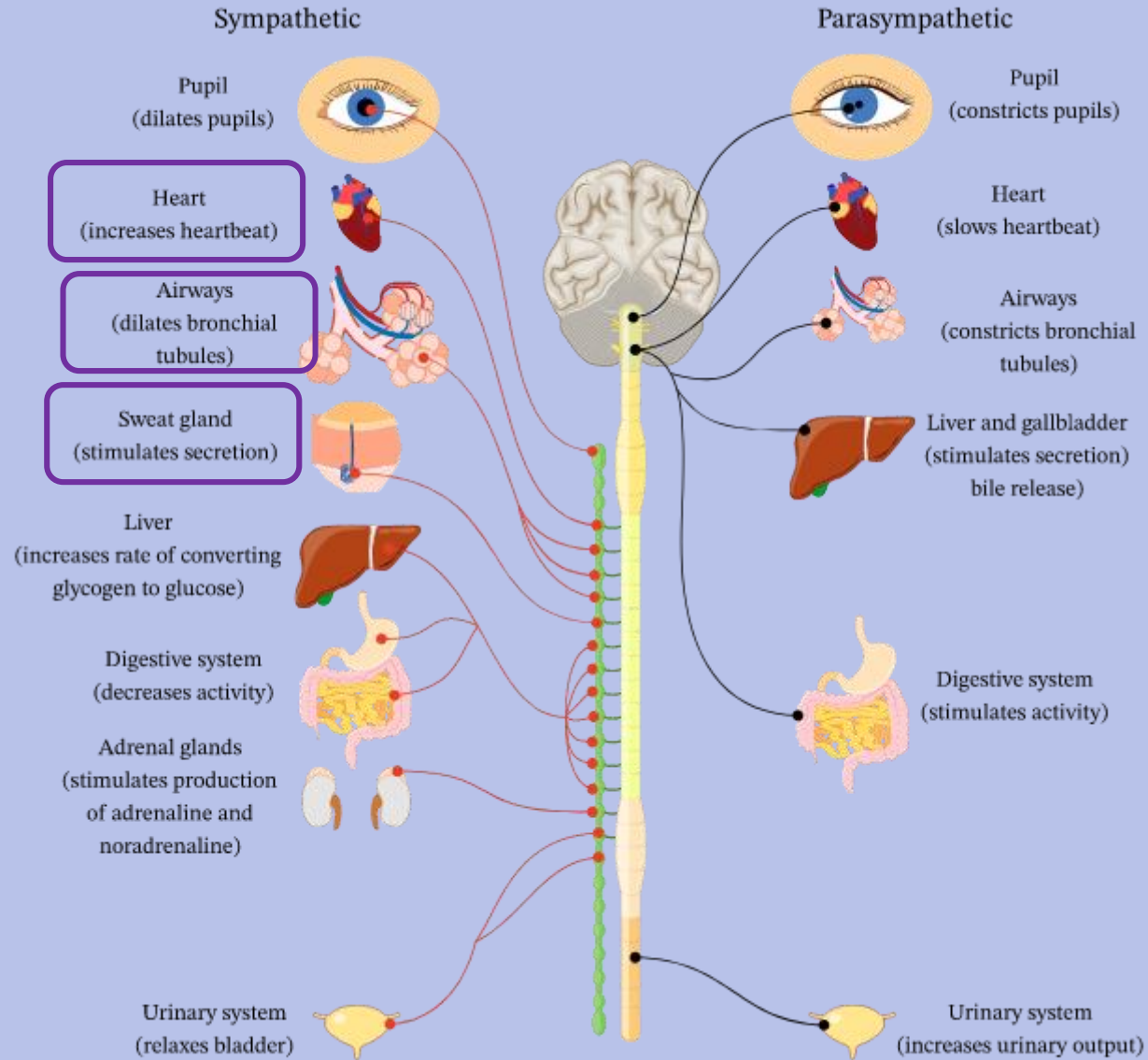
JONG-D

Stress and anxiety



Release of
(nor)adrenalin

Release of cortisol

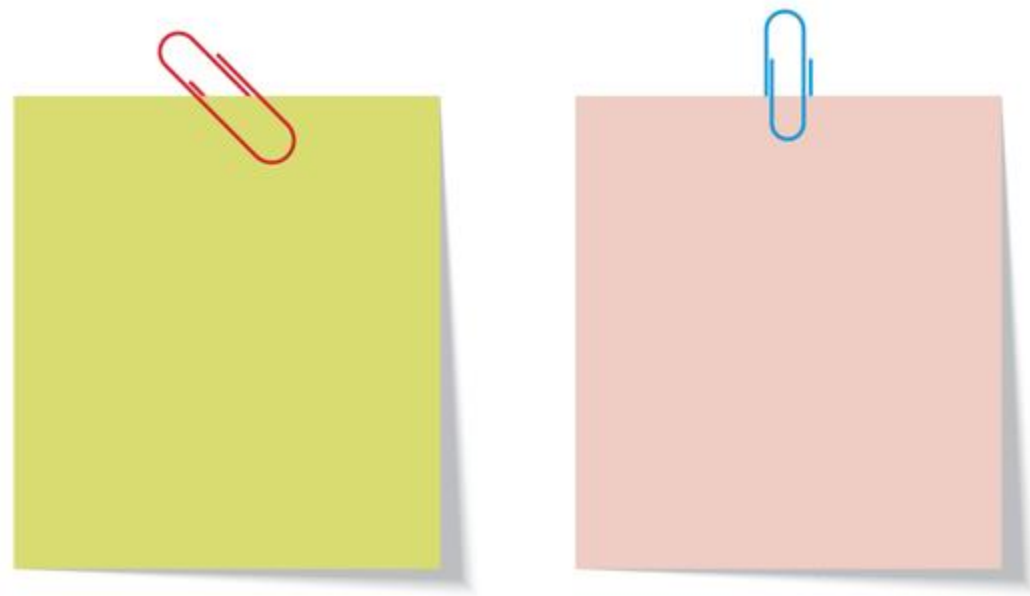


Decrease of
(nor)adrenalin

Decrease of
cortisol

What about your stress?

- **Capacity**
 - What gives you energy?
 - What makes you happy in your current situation?
- **Stressors**
 - What takes away your energy?
 - What are you afraid of?
 - What do you dislike in your current situation?



Stress in YOD

- **Impact of Stress**
 - Increased Risk: Chronic stress may exacerbate dementia symptoms
 - Symptoms: Anxiety, depression, and cognitive decline



Sleep





**Recovery and
battery**

**Cognitive
functions**

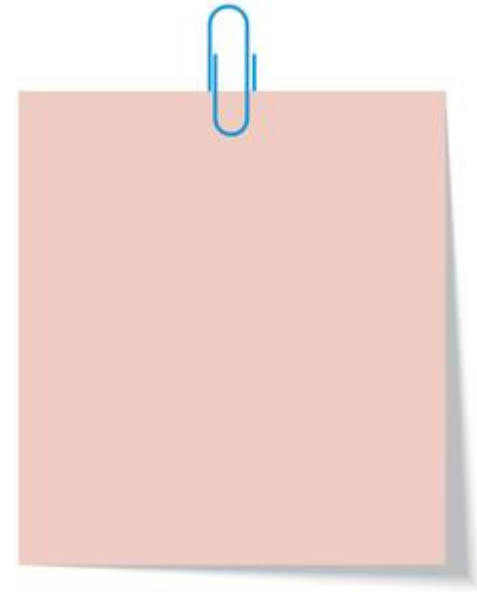
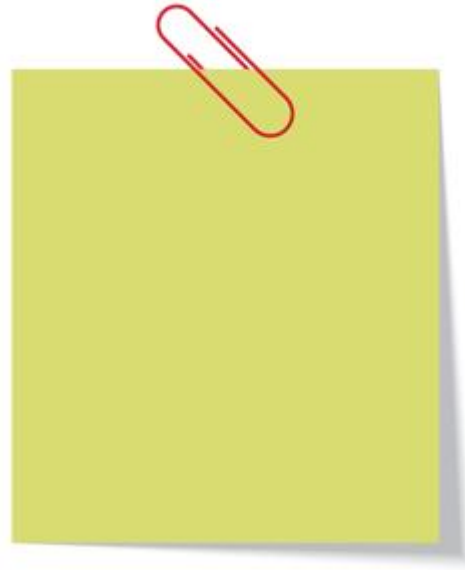
Sleep

**Physical and
mental health**

**Immunology
and hormonal**

What about your sleep?

- What helps you sleep?
- What disrupts your sleep?



Sleep problems in YOD

- Sleep disturbances are common in young-onset dementia
 - insomnia
 - fragmented sleep
 - Wandering during the night
 - excessive daytime sleepiness
 - sundowning

Z Z Z



Managing Stress and Sleep Issues in YOD

- Stress Reduction
 - Mindfulness
 - Breathing
 - Emotion regulation
- Sleep
 - Sleep hygiene, psycho-education
 - Relaxation techniques
 - Beliefs and attitudes

Trainers' manual

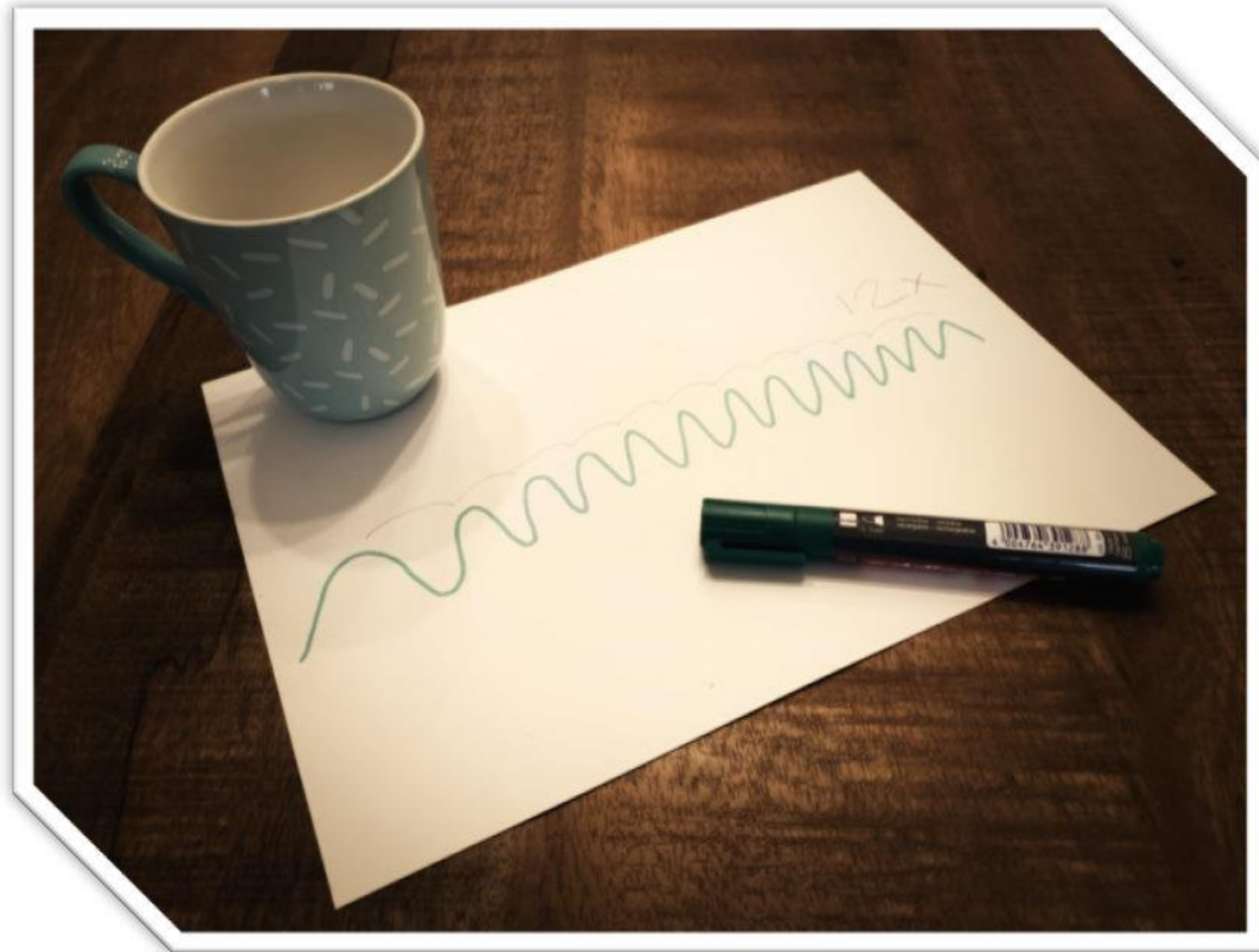


A behavioural program for people with young onset dementia in order to cope with anxiety, stress and sleep problems

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Breathing exercise



Mindfulness Bodyscan - audio



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