

YouQuest Young Onset Dementia Community

YouQuest Young Onset Dementia Community, Calgary

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Project Leads: Beverly Hillman & Melissa Olin

YouQuest is dedicated to supporting people with young onset dementia (diagnosed under 65 years). Ineligible for seniors' benefits, and too young to gain value in programs for the elderly, people with young-onset dementia and their families have very limited access to the critical support they need. Tough to diagnose and incurable, young-onset dementia destroys the dreams and aspirations of men and women in the prime of their lives. Careers abruptly end. Income dries up. People become isolated. Loved ones and friends become care partners as families face a life-changing crisis without a safety net.

YouQuest provides a place of belonging that offers choices and active participation in an inviting recreation environment. YouQuest fills a gap in services by creating a community for Calgarians living with young-onset dementia and their families. Participants enjoy a full, active day with peers, giving respite to care partners to manage work, family life and their personal health.

YouQuest recreation therapists and dedicated community volunteers support participants in individualized activities based on personal interests, strengths and abilities. The group co-plans social, physical, and cognitive activities in the SAIT Wellness Centre, on campus, and around the city. In 2020, YouQuest will expand in response to the demand for more service days from current, waitlisted and new families.

