

# Keep up with life –cards

Innovative way to discuss about life with people with younger onset dementia



Ulla Kaikkonen  
memory coach

## Background



- Memory disease also affects the people of working age.
- In Finland there are 7000-10 000 people living with younger onset dementia, globally the numbers are much higher.
- It's a different thing to get a diagnosis at working age.

## Starting point



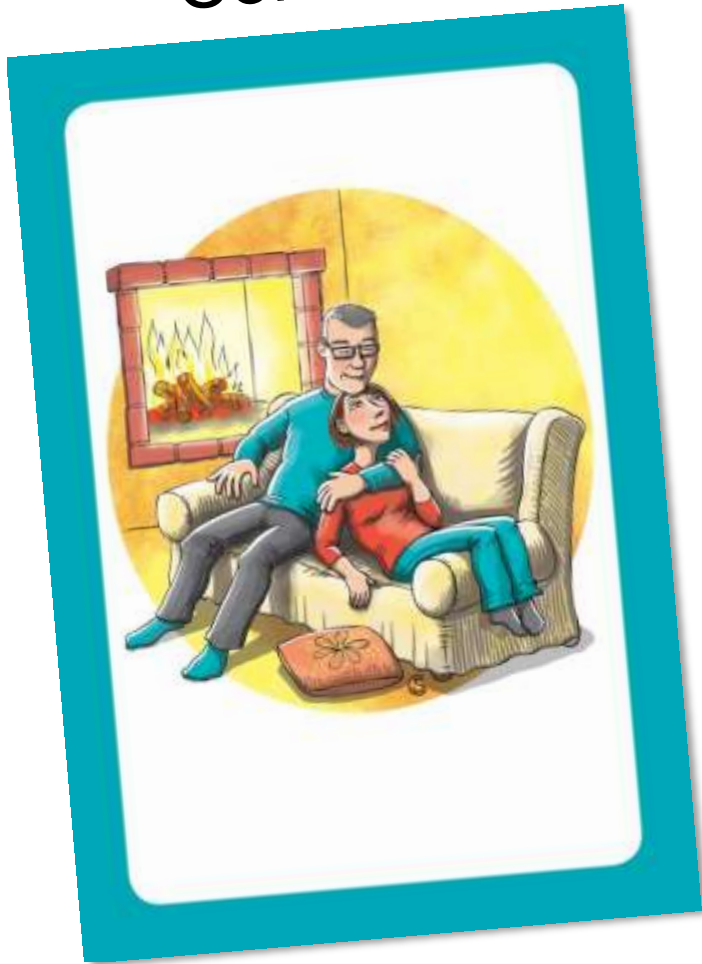
- There aren't enough support or services that are directly targeted towards people living with younger onset dementia and their family.
- At the early stages of the disease, it's important to be able to talk about the altered life situation.

# To whom?



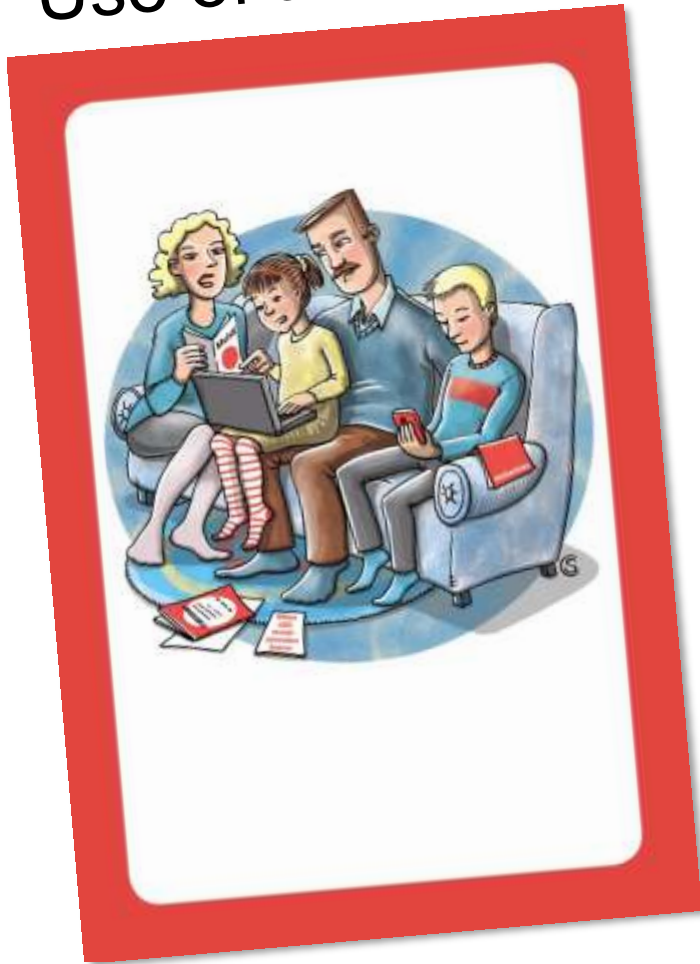
- People with younger onset dementia
- Family members, caregivers, friends, etc.
- Professionals

# Content



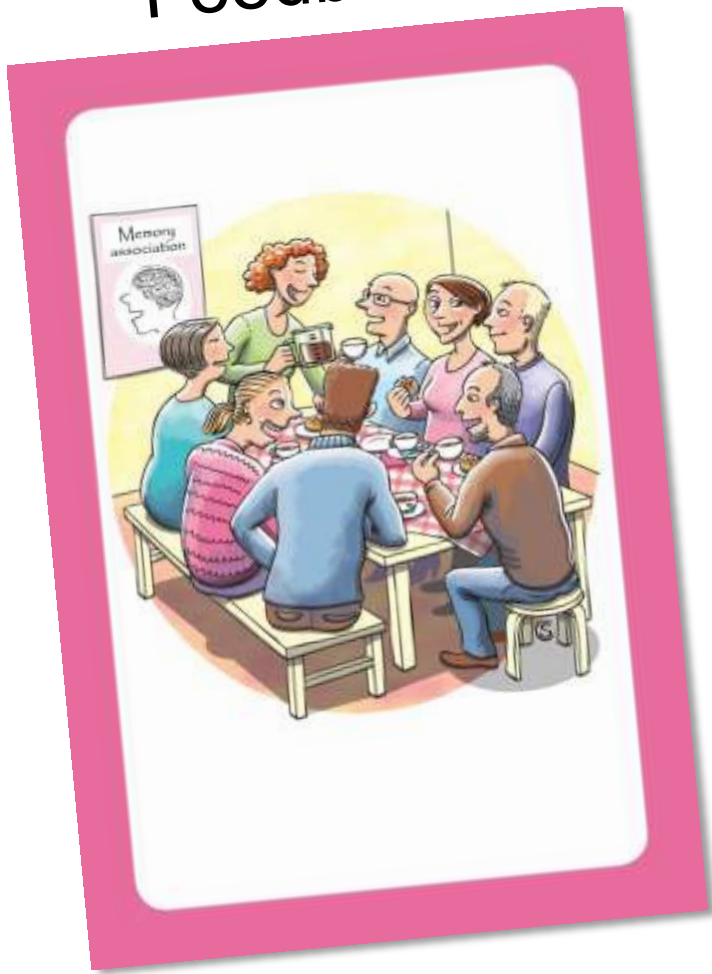
- 52 cards, divided in to 13 different categories.
- Illustrations of the cards highlight the themes.
- The content of the cards is based on the valuable experiences of people with dementia, their family members and professionals.

## Use of the cards



- The cards aren't ordinary playing cards
- There are many different ways to use the cards:
  - ✓ Alone
  - ✓ Together with family members
  - ✓ With a professional
  - ✓ In a peer group

# Feedback



"The cards give truthful information about our feelings and support those who have just got the diagnosis"

"It's easier for the family members to understand some of the idiosyncrasies and feelings regarding to the disease that you just have to learn to deal with"

"It's easier to start a dialogue with the help from these cards"

# Summary

- The cards are meant to be used especially with people with younger onset dementia and their family members in the early stages of dementia.
- The cards are also suited for professionals as a tool for an easier encounter with people.
- 52 cards, divided into 13 categories that all have 4 same colored cards.
- The cards deal with emotions and concerns in daily life after getting diagnosis of memory disease.
- The content of the cards is based on the valuable experiences of people with dementia, their family members and professionals.





Thank You!

Authors: Ulla Kaikkonen  
Aila Rahtu

For more information:  
[ulla.kaikkonen@osmy.fi](mailto:ulla.kaikkonen@osmy.fi)