Addition primary data outlining relevant themes.

Theme 1: Changing Family Dynamics

Role and relationship change: Young people further outlined how their other parents time was consumed by caregiving tasks leaving little time for their relationships (Szinovacz, 2003; Allen et al., 2009; Gelman & Rhames, 2018; 2020). A thirteen-year-old female described the loss of time with her mother: “…it’s like my time with my mom…It’s like having a brother or sister because I’m an only child. It’s like not having them to myself” (Szinovacz, 2003, pp. 457). Parental young onset dementia also impacts on normal family life, significantly undermining relationships and the unity of the family: “Every weekend that my father had off from work we’d go on day trips. It was great, it was a great family unit…it’s like the family, I can’t say grew apart, but, you know, the little pleasurable trips that made family life great were no longer allowed” (Szinovacz, 2003, pp. 461).

Parenting the parent: The sense of parenting the parent was evident in a quote by a female participant: “After a while I suggested that I wash her hair and make her look nice, so I did. When I had dried her hair and curled it, I gave her a hair clip with rhinestones in and put it in her hair and she was so happy” (Lövenmark, 2020, pp. 711).

Theme 2: Psychological and Physical Strain

Financial worries: A female participant reported how she had to sell contraband in school in order to make ends meet: “With that packet [of cigarettes] I’d sell them to other kids at school and I’d make money… I’d maybe buy a couple of cigarettes and then buy bread and milk and spaghetti and stuff groceries…I guess these are the financial impacts of having a parent with dementia, is that you don’t have the things your friends have” (Hutchinson, Kurrle et al., 2016, pp. 661).

Anger and guilt: Another female aged twenty-two described feelings of guilt following an angry outburst: “I know I feel an awful lot of guilt because…when the symptoms were starting to show. . .there was one day she called me four times in an hour and every single time she’d say ‘I’ve just put the washing machine on’ and I was in the middle of doing an essay. I had three days to do it and I was like ‘Mum you need to stop calling me, you’ve already told me this three times today’ and I got really angry at her” (Sikes & Hall, 2018, pp. 598).
**Effects of the behavioural and psychological symptoms of dementia:** A seventeen-year-old female recalled a harrowing incident: “Another reason that he got took away was because the one night I had actually had enough of it and he hit me so I raised my hand back to him. I was actually going to hit him an’ my mum had to get between us and I had to walk out” (Allen et al., 2009, pp. 464). The impact of the behavioural and psychological symptoms of dementia is not consigned to the household and may also be witnessed in the environment as one female outlined: “I don’t care what people think if he’s being difficult or even if we get busted by security, he has dementia, he can’t help it” (Hutchinson, Daly et al., 2016, pp. 615).

**Theme 3: Stigma**

**Familial and societal stigma:** As a result of societal stigma, participants reported keeping their parents diagnosis secret. One female aged twenty-three illustrated this: “Not everyone has to know. Maybe if it gets very bad I might tell them because I most likely have to be at home more often, for now, it is fine as it is. Only my boyfriend knows” (Millenaar et al., 2014, pp. 2005). A participant described divisions in the family: “My dad’s sister lives in Florida and she won’t even call him anymore. She deleted my mom off her Facebook friends. . .she probably doesn’t want to deal with it, but that’s horrible” (Gelman & Rhames, 2018, pp. 345).

**Theme 4: Coping strategies**

**Family and peer support:** A twenty-year-old male described the need for support: “When they came home and I asked them how it went, they told me it was Alzheimer’s. I had no clue what it was, so I went looking for information” (Millenaar et al., 2014, pp. 2006).