

Relationship between self-perceptions of ageing and 'living well' among people with mild-to-moderate dementia: Findings from the IDEAL Programme

People who feel younger than their age and/or who are optimistic about their ageing are said to have positive attitudes towards ageing. We explored how people with dementia feel about getting older and whether this is linked to quality of life and mental well-being. This is important as it may suggest new ways of supporting people to live well with dementia.

We used information provided by 1541 people with mild-to-moderate dementia taking part in the IDEAL study.

People with dementia experienced a mix of positive and negative attitudes towards their own ageing and only one in three people with dementia felt younger than their age. People with dementia who have more positive attitudes towards ageing had better quality of life and mental well-being compared to those with more negative attitudes towards ageing. This tells us that the way in which people with dementia perceive their own ageing may have some impact on their ability to live well with the condition.

A positive attitude to getting older is a resource that helps people with mild-to-moderate dementia to live well and protects them from feeling depressed. It can be difficult for many people with dementia to feel positive about getting older. The challenge is to find ways of enabling people to feel more positive. One way to achieve this would be to promote more positive views of ageing throughout society.

This is a summary of a [research article](#) which appeared in the **Archives of Gerontology and Geriatrics** journal in January 2021.