

## Dyadic influences on awareness of condition in people with dementia: Findings from the IDEAL cohort

### Do people with dementia and carers see everyday problems in the same way?

People with dementia can have problems with everyday activities. This could mean they have problems remembering things, thinking clearly, making decisions, or doing everyday tasks.

We wanted to know if the family carer of a person with dementia sees the same problems as the person with dementia. If they see things differently, we wanted to find out why.

We talked to couples where one person had dementia and the other person was their spouse. We asked both people in the couple to say which of a list of everyday problems the person with dementia had. We looked at the difference between the two sets of answers. We also looked at the carer's answers alone.

Female carers tended to list more problems than male carers. Female carers also felt more stressed.

People with dementia tended to say fewer everyday problems than their carers did. When there was a big difference in how they saw things, the carer was usually more stressed. When the difference in how they saw things was smaller, the person with dementia tended to feel more depressed.

This tells us that it is important to listen to both the person with dementia and their carer when it comes to everyday problems. Understanding how each member of the couple sees things can help professionals better understand the situation and provide more personalised support.

This is a summary of a [research article](#) which was published in the **Frontiers in Aging Neuroscience** journal in December 2023.