

Predictors of awareness of functional ability in people with dementia: the contribution of personality, cognition, and neuropsychiatric symptoms. Findings from the IDEAL programme

When might carers disagree with people with dementia about their ability to do everyday tasks?

Everyday tasks like shopping, cleaning, and getting dressed are an important part of daily life. Many people with dementia say that they can do these everyday tasks well. Family carers often disagree. We wanted to understand why people disagree. If people with dementia do not realise that everyday tasks are harder for them, this can place them in danger. On the other hand, this could lead to less independence for people with dementia if family carers underestimate what they can do.

We asked 1277 people with dementia to rate how well they thought they could do everyday tasks. We asked their family carers to give a rating as well.

Some people with dementia said that they could do everyday tasks, but their family carers disagreed. There were reasons why they disagreed. Family carers who were more stressed tended to say that the person they were caring for had more problems with everyday tasks than family carers who were less stressed.

Not everyone disagreed. Younger people with dementia, and people with dementia who did not need much help from a family carer, felt they could do everyday activities quite well. Their family carers agreed.

People with dementia who were depressed or anxious, or who had poorer health, felt less able to do everyday tasks. Their family carers agreed.

This tells us that many people with dementia have a good idea of the problems they have with everyday tasks, though some misjudge their problems.

Being aware that some everyday tasks that used to be easy are now harder could help people with dementia to stay living at home for longer. People with dementia can learn ways to manage some everyday tasks that they find hard.

This is a summary of a [research article](#) which appeared in the **Dementia and Geriatric Cognitive Disorders** journal in May 2022.