

A comparison of well-being of carers of people with dementia and their ability to manage before and during the COVID-19 pandemic: findings from the IDEAL study

How did carers of people with dementia manage during the COVID-19 pandemic and did it affect their well-being?

The COVID-19 pandemic began in March 2020. To stop the spread of the virus, people in the UK had to stay at home and could not see their friends, families or even doctors face-to-face. There was also less support for people with dementia who were living at home. This meant their family carers had to provide more help.

We wanted to understand what effect this had on carers. We had interviewed carers before the pandemic, and we interviewed them again during the pandemic to see how things had changed. The interviews were two years apart. We looked at changes in well-being and coping, and in how they felt about being a carer.

To find out whether these changes were due to the pandemic, we compared what people said with what we learned from a different group of carers who answered the same questions before the pandemic. This different group was interviewed twice, in interviews two years apart, and both of the interviews took place before the pandemic started.

We thought the carers who answered the questions during the pandemic would be more likely to tell us that things had changed for the worse. In fact, these carers were more positive about their well-being and coping, and how they felt about being a carer. Even though the pandemic was a difficult time, things did not seem to have changed for the worse.

This is a summary of a [research article](#) which appeared in the **Journal of Alzheimer's Disease** in May 2022.