

'LIVING WELL' WITH DEMENTIA: WHAT HELPS PEOPLE LIVE WELL

Findings from the IDEAL programme

WE ASKED 1547 PEOPLE LIVING WITH MILD-TO-MODERATE DEMENTIA TO RATE THEIR QUALITY OF LIFE, SATISFACTION WITH LIFE, AND WELL-BEING. WE COMBINED THESE RATINGS INTO ONE 'LIVING WELL' SCORE. WE WANTED TO SEE WHICH ASPECTS OF PEOPLE'S LIVES ARE LINKED TO BEING ABLE TO 'LIVE WELL' WITH DEMENTIA.

We looked at five areas of life, and found they were all relevant to whether people with dementia felt they could 'live well':



Psychological characteristics and psychological health: such as personality, optimism, self-esteem, loneliness, and depression.



Physical fitness and health: such as sleep, appetite, eyesight, hearing and other health conditions.



Resources and assets: such as size of social networks, and involvement in social and cultural activities.



Managing everyday life with dementia: such as being able to do everyday activities.



Social situation: such as social class and perceived social standing in one's community.

THE FINDINGS SUGGEST SEVERAL WAYS OF MAKING IT POSSIBLE FOR PEOPLE WITH DEMENTIA TO 'LIVE WELL' WITH THE CONDITION:



Positively support people with dementia to feel good about themselves and retain a sense of optimism, and help people deal with low mood and depression.



Promote physical fitness through suitable activity, encourage a healthy lifestyle, and ensure good access to physical health and rehabilitation services.



Enable people to manage daily activities and remain as independent as possible.



Reduce isolation, increase participation in social and cultural activities and help people with dementia to feel more secure and more engaged with their local communities.