



Comorbid health conditions and their impact on social isolation, loneliness, quality of life, and well-being in people with dementia: longitudinal findings from the IDEAL programme

What other health conditions do people with dementia live with and what difference does this make?

We often see dementia as being the main health problem for people living with the condition, but they often have other health problems too. For instance, they may have high blood pressure or diabetes, or conditions like depression or anxiety.

We looked at health conditions in people with dementia. We wanted to know:

- what health conditions people have
- whether people tend to develop more health conditions over time
- what effect other health conditions have on them.

We spoke to a large group of people with dementia living at home in Great Britain and then saw them again one year and two years later. They told us about their health. They also told us how they feel about other aspects of their life, and how often they meet or call family and friends.

More than three quarters of the people with dementia we spoke to had at least one other health condition. Some people had as many as nine. People who were aged over 80 were more likely to have other health conditions. As time passed, people developed more health conditions.

Having other health conditions did not seem to prevent people with dementia having contact with family and friends. However, it did mean that people tended to feel lonelier and less positive about their lives. People with dementia who also have other health conditions may need extra support.

This is a summary of a [research article](#) which was published in the **BMC Geriatrics** journal in January 2024.