

Resilience in carers of people with mild-to-moderate dementia: findings from the IDEAL cohort

What makes a difference to coping with caring?

Carers are family members, friends, or other supporters who provide help and support to people with dementia. Supporting a person with dementia can be demanding. Some carers find it easier than others to cope with these demands.

We wanted to find out how carers are coping with these tasks and why others are not coping so well.

We asked 1,222 carers some questions about how they were coping. We also asked them about themselves and about the person with dementia. To measure coping we created a coping score based on the answers people gave to five questionnaires.

Older carers and male carers were most likely to be coping well. Certain things led to carers coping better:

- If they had a good relationship with the person with dementia
- If they felt they were doing a good job of caring
- If they were less inclined to worry
- If they were able to go out more

Carers also coped better if the person with dementia:

- Was older
- Felt more positive
- Had only minor difficulty with everyday tasks like shopping, cleaning, and getting dressed.

Overall, carers of people with mild-to-moderate dementia are coping well with their caring roles. However, it is always important to make sure that carers are receiving the support they need as a carer.

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