

The impact of relationship quality on life satisfaction and well-being in dementia caregiving dyads: findings from the IDEAL programme

People with dementia are often cared for by people with whom they have a close existing relationship, such as husbands, wives, children or friends. Dementia may change previously established roles, as one of the pair adopts the role of the 'carer' who increasingly has to provide care for the other person.

In this study we were interested in the quality of the relationship between the person with dementia and the carer. We explored whether each person's view of the relationship influenced satisfaction with life and well-being for both members of the pair.

We used information provided by 1,283 people with dementia and their carers who had taken part in the IDEAL study. The IDEAL study looks at what helps people to 'live well' with dementia. We asked people with dementia and carers about their current relationship, satisfaction with life and well-being.

Relationship quality is important for life satisfaction and well-being. Where a person with dementia or a carer rates relationship quality as low, this is linked to lower satisfaction with life and poorer well-being for that individual. It does not, however, affect satisfaction with life or well-being for the other member of the pair.

We need to take account of the individual viewpoints of both the person with dementia and the carer, and support each of them to maintain a positive view of the relationship.

This is a summary of a [research article](#) which appeared in the **Aging & Mental Health** journal in September 2020.