We asked 1283 family carers (mostly spouses or partners) of 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 carers' lives are linked to being able to 'live well' with dementia.

Two areas of life were not related to whether carers felt they were ‘living well’:

- Managing everyday life with dementia: such as how distressed carers were about the symptoms of the person with dementia.
- Physical fitness and physical health: such as lifestyle, physical activity and health conditions.

The findings suggest several ways of enhancing the potential for carers of people with dementia to ‘live well’:

- Positively support carers to feel good about themselves and retain a sense of optimism, and help them deal with low mood and depression.
- Enable carers to find ways of keeping physically fit and ensure they have good access to health services.
- Support carers to maintain or develop effective ways of coping, to manage the stresses of caregiving, and to feel positive about their relationship with the person with dementia.
- Reduce isolation, increase participation in social and cultural activities and help carers to remain engaged with their local communities.