

## **The prevalence and predictors of loneliness in caregivers of people with dementia: findings from the IDEAL programme**

Many people who are providing unpaid care for a family member or close friend feel lonely. We do not know much about the extent to which those providing care for a person with dementia feel lonely.

In this study, we wanted to find out how many carers of people with dementia experience feelings of loneliness. We also wanted to find out what aspects of their situation make them feel more or less lonely.

We used information provided by 1,283 carers of people living with dementia who had taken part in the 'Improving the Experience of Dementia and Enhancing Active Life' (IDEAL) programme. Carers were either family members, friends, or other supporters of someone with dementia. We asked them about feelings of loneliness, how much support they received from family and friends, their mood and their experiences of caregiving - for example, how many hours they spent caring and whether they had experienced any care-related stress.

Around two-thirds of the carers said they experienced feelings of loneliness. Carers who felt they had a good relationship with the person with dementia were less likely to feel lonely, as were carers who experienced greater well-being and satisfaction with life. Carers who had less social support and higher levels of care-related stress were more likely to feel lonely. Finding ways to enable carers to feel less stressed and better supported could help to reduce loneliness.

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