

## Developing supportive local communities: Perspectives from people with dementia and carers participating in the IDEAL programme

### How could communities help people with dementia?

Communities play an important role in our lives. Local communities do not always provide what people with dementia and their carers need.

We wanted to know what people with dementia and carers thought communities could do to help people to live well with the condition. For this study we used information from the IDEAL programme. The IDEAL programme follows a large group of people with dementia and carers over time. It explores what helps people to live well with dementia.

We asked 1,172 people with dementia and 702 carers about their local communities. We asked them to think about what could be changed in the local community. What would make it easier for people with dementia to live well?

There were four common topics people with dementia and carers talked about:

- better understanding of dementia within local communities
- increased access to support and health care services
- access to activities and opportunities to socialise
- support to engage with the local community, including easy-to-use outdoor environments

These findings show that people, resources, and the environment are essential to enable people with dementia to continue living well in the community. There needs to be long-term funding for local services. This will help support people in their local communities.

This is a summary of a [research article](#) which appeared in the **Journal of Aging & Social Policy** in October 2021.