**Use and costs of services and unpaid care for people with mild-to-moderate dementia: baseline results from the IDEAL cohort study**

This study uses data from the IDEAL programme, which is a large research project that aims to find out what helps people to ‘live well’ with dementia. Over 1,500 people with mild-to-moderate dementia (MMSE>14) and their carers were interviewed as part of the programme. The interviews included questions on people’s use of health and social services, out-of-pocket payments for equipment and travel to appointments and unpaid care provided by family and friends.

The average total costs of health and social care, out-of-pocket payments and unpaid care were estimated at £4,008 per person with dementia over a 3 month period, equivalent to over £16,000 a year. The estimated cost for the use of health and social care services over 3 months was £1,004. Most people used few health services other than GP services and hospital outpatient care, and use of social care services such as home care was low. As we are following this group of people over time, we will be able to see if the use of social care increases as the condition progresses.

The findings show that unpaid carers of people with dementia are disproportionately shouldering the costs of care – covering 75% of the total costs (£2,928 over a 3 month period and £11,712 a year) and giving upwards of 470 hours of their time over a three month period to care for people with dementia, equivalent to an average of 36 hours a week.

Most of the people with dementia (87%) received help on a regular basis from friends or relatives. For nearly a third (30%), this included assistance with personal care.

Relationship to carer, living alone, socio-economic group and income were all related to the likelihood of receiving social care. People living alone were nearly twice as likely as those living with others to use social care services.

Two thirds of the people with dementia surveyed in IDEAL used aids and adaptations, most commonly mobility aids; 13% used pendant alarms and 12% calendar clocks.

Those with Parkinson’s disease dementia had almost double the average care costs compared to other dementias (£8,609 over a 3 month period and £34,436 a year). Estimated primary and community health care, social care and medication costs were highest for this group compared to those for people with other types of dementia. Total costs for women were lower than for men.