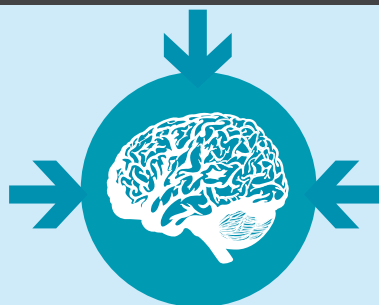


LIVING WELL WITH DEMENTIA:

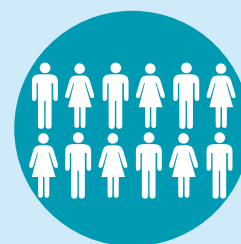
A REVIEW OF THE LITERATURE

**198
SEPARATE
STUDIES**

Our review combined data from 198 separate studies and included information about nearly 38,000 people living with dementia.



Many factors had a modest influence on quality of life. What is important for quality of life may be somewhat different for each person.



Personal factors like age, gender, education, marital status or income, or the type of dementia, had little effect on quality of life.



Having good relationships with family and friends, being included and involved in social activities, being able to manage everyday activities, and having religious beliefs were associated with better quality of life.



The quality of life of people with dementia was better when the family carer felt more positive and better able to cope.



For people in residential care, receiving specialist person-centred care was linked to better quality of life.



Poor mental or physical health, difficulties such as agitation or apathy, and unmet needs were associated with poor quality of life.



Supporting relationships, social engagement and everyday functioning, addressing poor physical and mental health, and ensuring high-quality care could help people living with dementia maintain a good quality of life.

**FOLLOWING
1550
PEOPLE**



We found little evidence to show what predicts whether quality of life will improve or decline over time. The IDEAL programme will help to answer this question.

www.exeter.ac.uk

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www.idealproject.org

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