

## **Prevalence and determinants of loneliness in people living with dementia: findings from the IDEAL programme**

### Do people with dementia feel lonely?

We do not know how many people with dementia experience loneliness, or how lonely they feel. There has been very little research on this.

We wanted to find out how many people with dementia experienced feelings of loneliness. We also wanted to find out which things made a difference to feeling lonely.

We used answers from 1,547 people with dementia from the IDEAL programme. The IDEAL programme looks at what helps people to 'live well' with dementia. We asked people with dementia about feeling lonely. We also asked about their mood, feelings of well-being, how much social support they had from family and friends, and whether they lived alone or not.

About one in three people with dementia experienced feeling lonely. They were more likely to feel lonely if they had low mood, lived alone or had limited social support. Whether people were married, or which type of dementia they had, made no difference to whether they were lonely.

Loneliness might be reduced by enabling people to have more supportive relationships.

This is a summary of a [research article](#) which appeared in the **International Journal of Geriatric Psychiatry** in April 2020.