

Psychological predictors of 'living well' with dementia: findings from the IDEAL study

Does being positive help you live well with dementia?

As dementia progresses, it may become harder to 'live well'. Support from family, friends and health professionals can help you cope with changes. Having a positive outlook is also important. A positive outlook includes:

- believing you can cope – we call this self-efficacy
- feeling you are valuable – we call this self-esteem
- being optimistic

We asked 1547 people with dementia about their outlook on life and whether they felt they were 'living well'. People with dementia were more likely to be 'living well' if they also had high self-efficacy, self-esteem and optimism.

This suggests that people with dementia who feel valued, useful and optimistic are more likely to be 'living well'.

Things that could help people with dementia to feel valued, useful and optimistic include:

- finding ways to continue working after diagnosis (or to stay in other roles they hold)
- being supported to do the things they are still able to do, rather than having other people take over
- sharing their experiences of living with dementia to offer hope to others

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