

Living well with dementia

Improving the experience of Dementia and Enhancing Active Life: IDEAL

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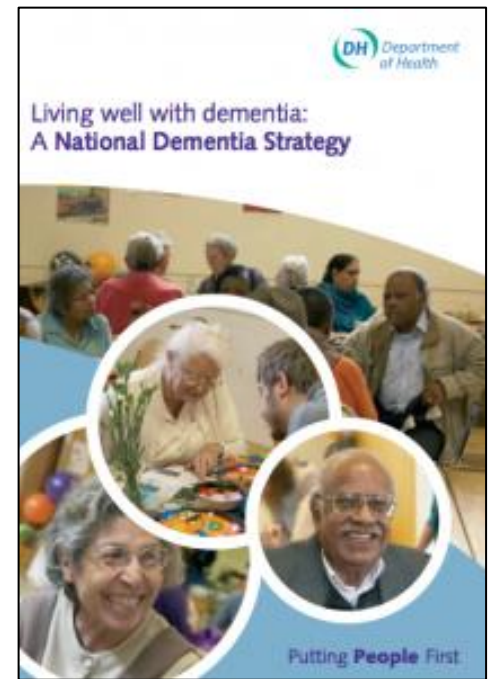
THE IDEAL PROGRAMME

Improving the Experience of Dementia
and Enhancing Active Life

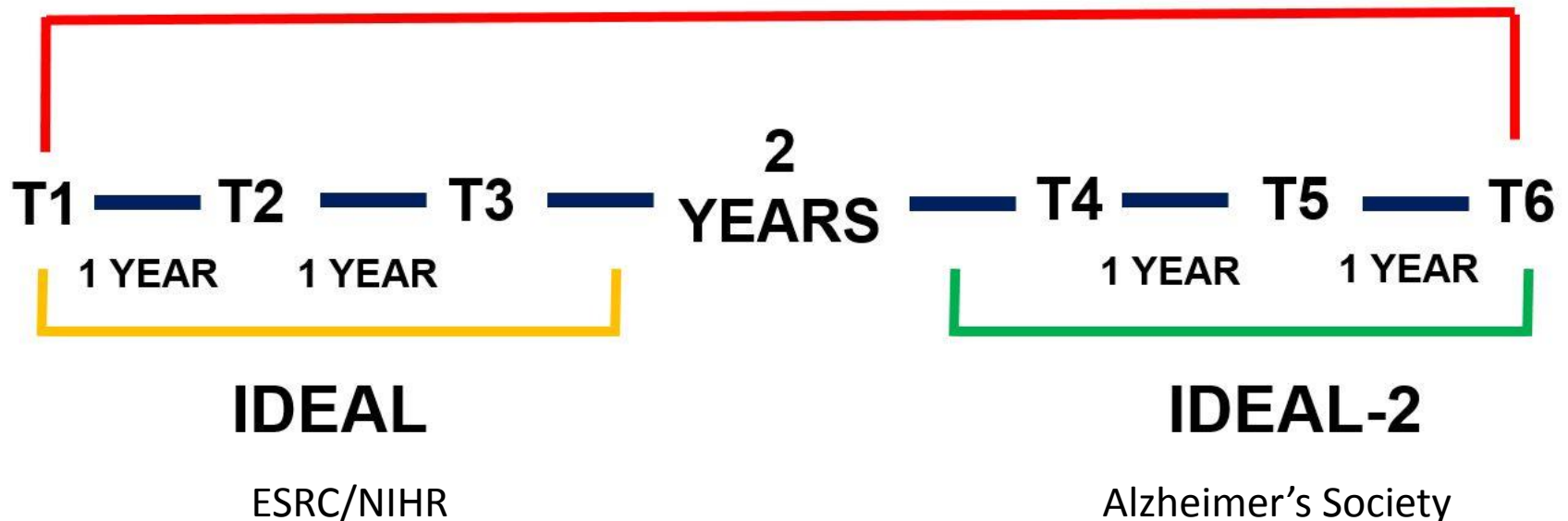


Living well with dementia

What does it mean to live well?



The IDEAL Programme



Who are the IDEAL cohort?



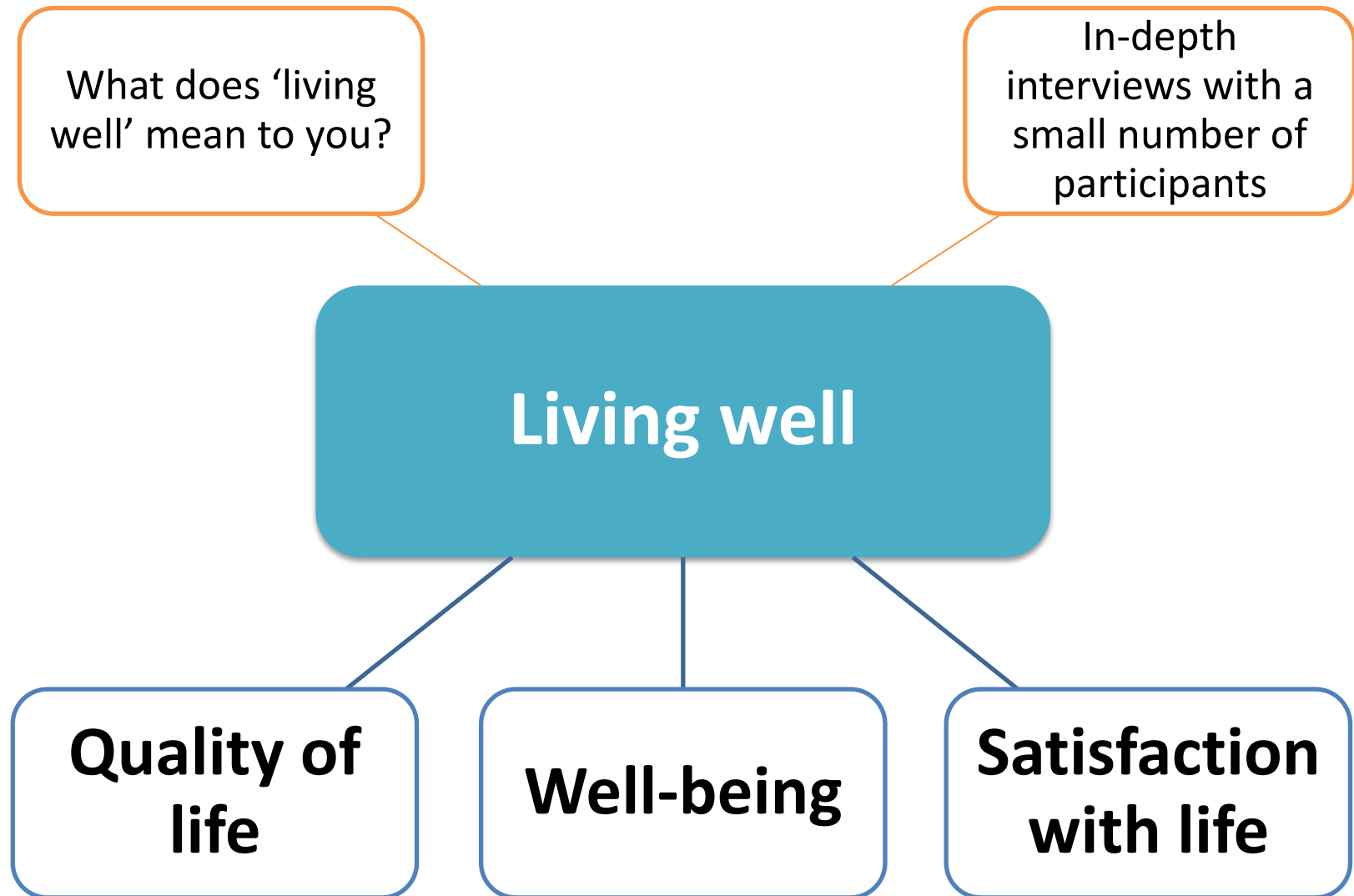
1547 People living with dementia

- 29 locations across Great Britain
- 44% female
- Mild to moderate stages of dementia
- Aged 43-98 years old (average 76)
- 74% Married/Cohabiting; 17% Widowed; 6% Divorced; 3% Single
- Ethnicity: 98% white background

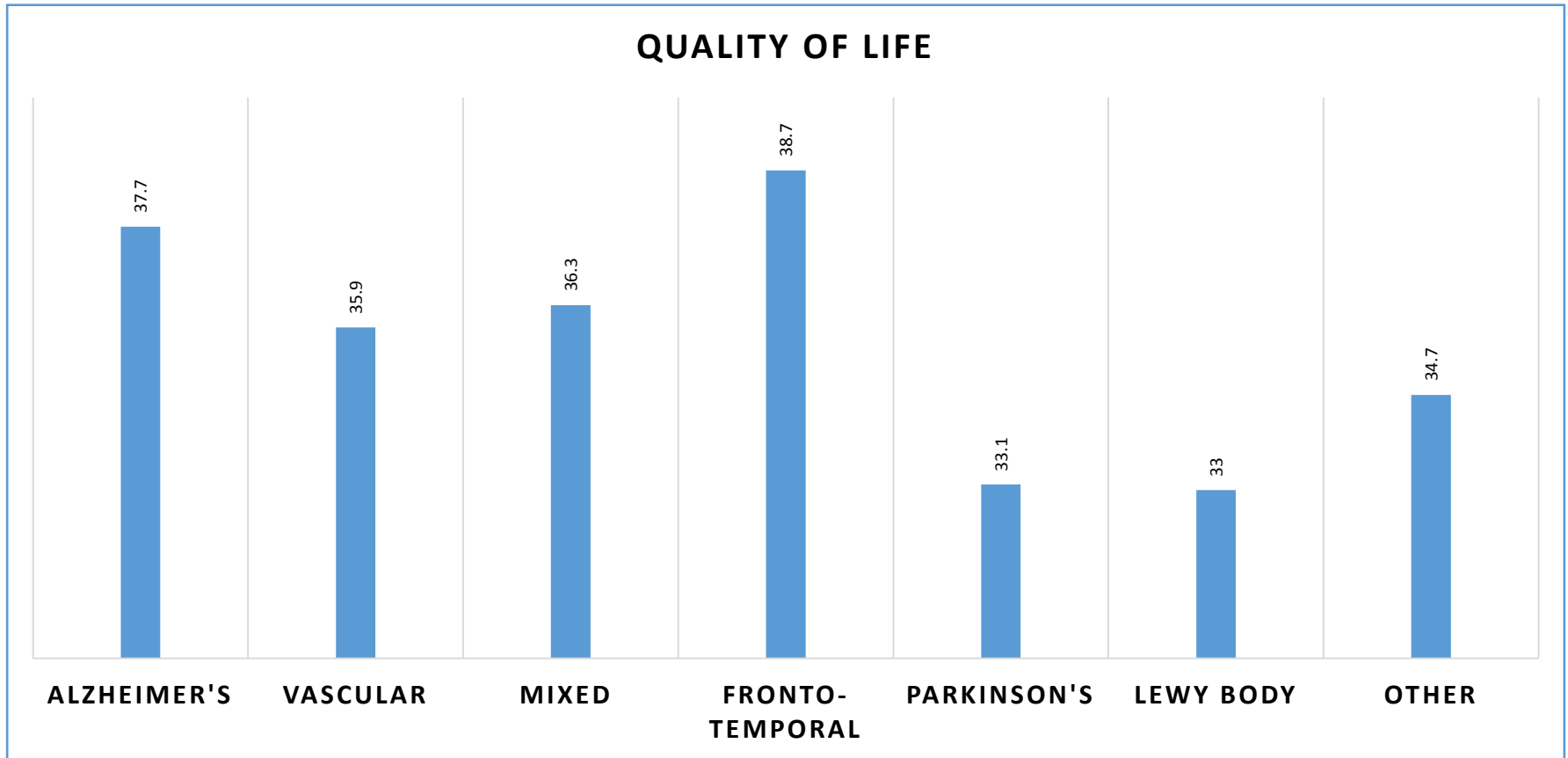
1283 family members/friends

- 81% Spouses/partners
- 69% female
- Aged 26-99 years old
- Hours per day spent providing help
 - None (6%)
 - 1-3 (32%)
 - 4-5 (8%)
 - 6-10 (8%)
 - Over 10 (39%)
 - Other (7%)

How do we measure 'living well'?



Does type of dementia affect 'living well'?



Wu, Y.-T., Clare, L., Hindle, J. V., Nelis, S. M., Martyr, A., Matthews, F. E., & on behalf of the IDEAL study team. (2018). The impact of subtype diagnosis on living well with dementia and carers: results from the Improving the experience of Dementia and Enhancing Active Life (IDEAL) study. *BMC Medicine*, 16(1), 140. doi:10.1186/s12916-018-1135-2

What might be important for living well?



Psychological characteristics and health



Physical fitness and health



Social capitals, assets and resources

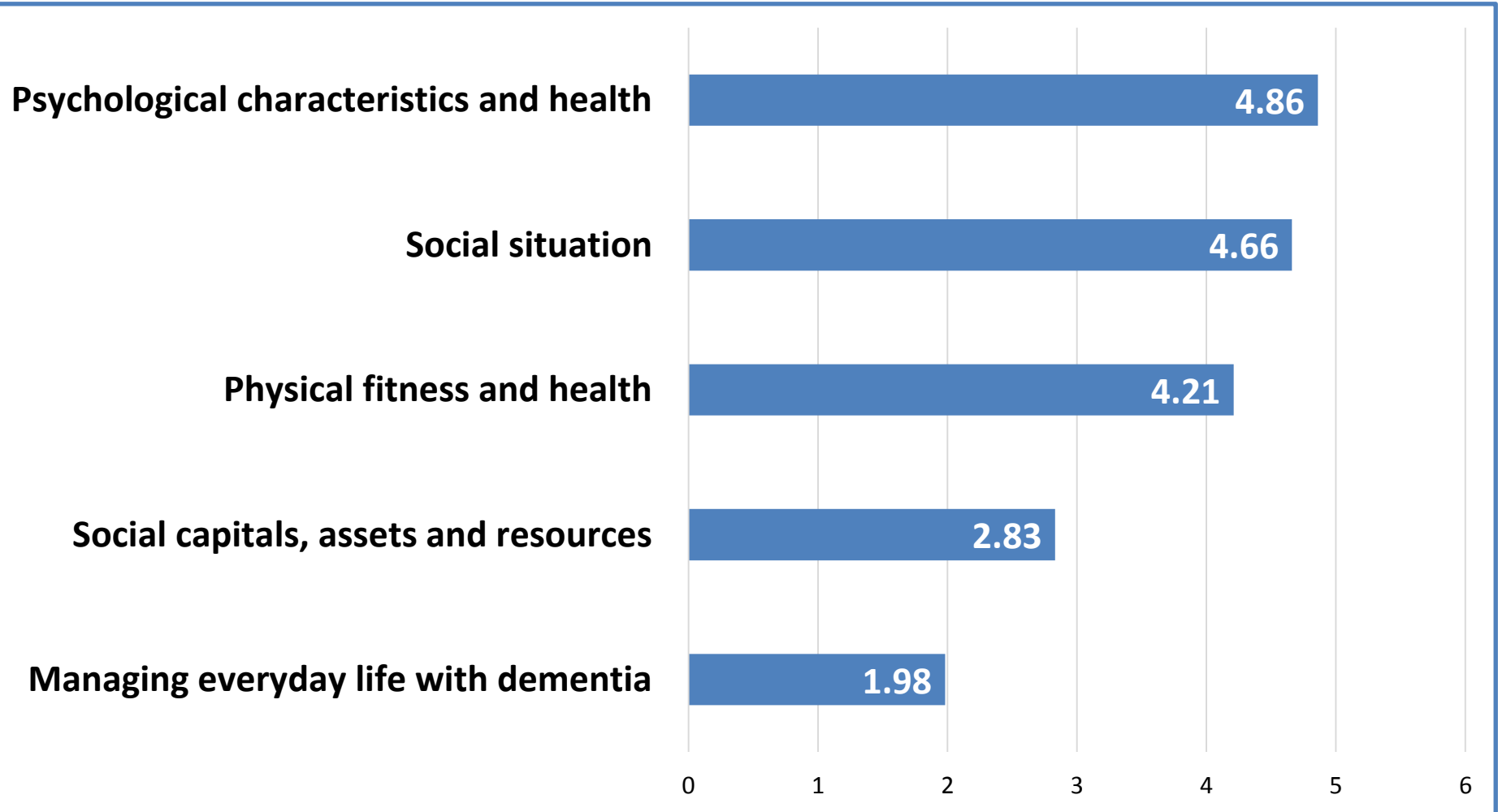


Social situation



Managing everyday life with dementia

Which areas are relevant for living well?



Effect sizes for each area



Psychological characteristics and health

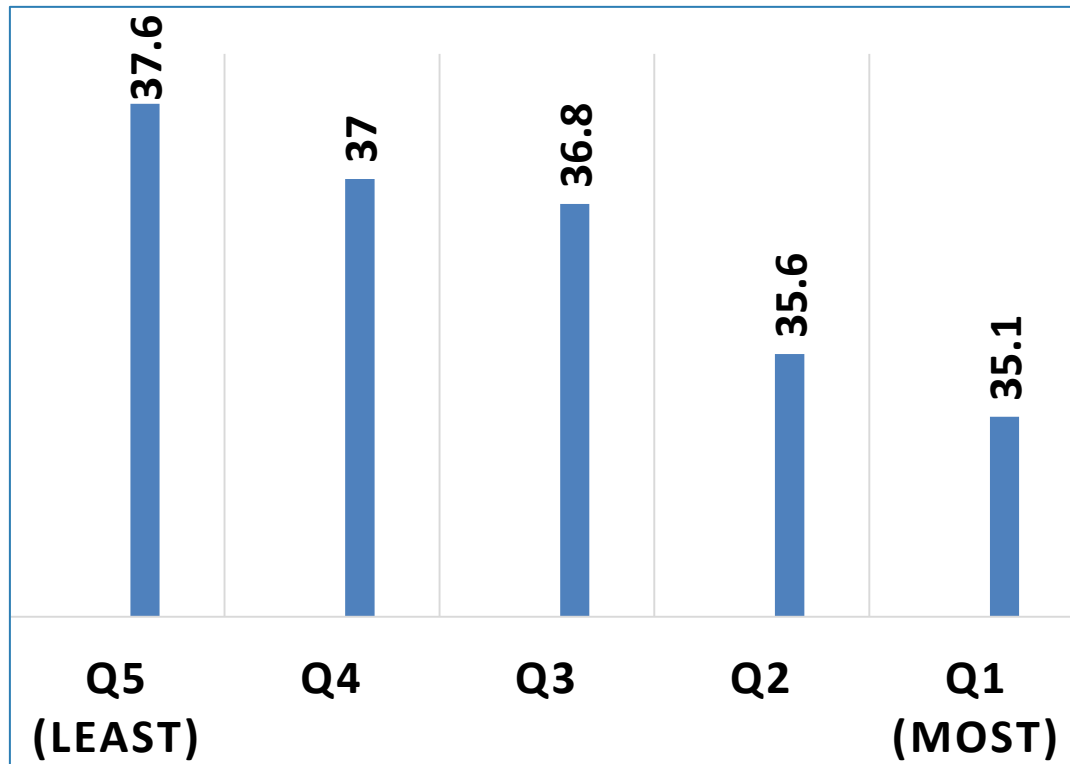


“I think you’ve got to have a good outlook in life, because if you don’t, you’re not going to get no better are you, you know, so you might as well embrace it in a way”



Social situation

Deprivation and quality of life

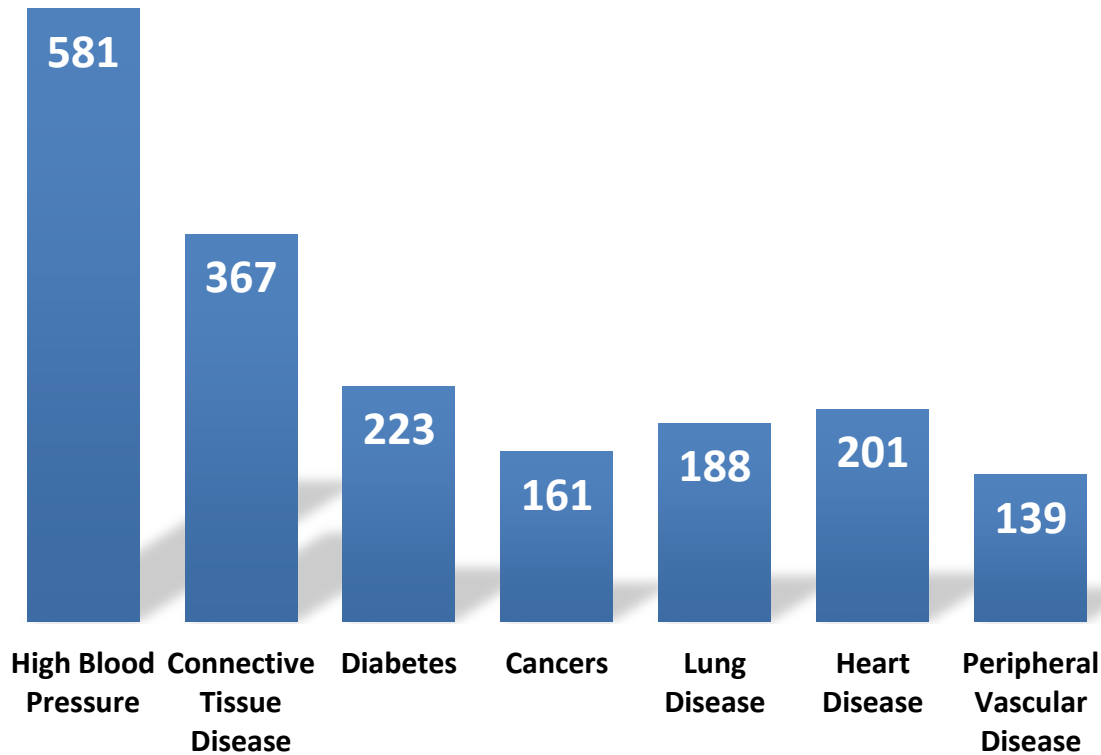


“I mean we did use to have quite a good social life but again he would go along rather than instigate it and I think it's, it's the loss of, it's the status as well I think in a way”

Mean quality of life scores for people in least to most deprived areas



Physical fitness and health



“I can go up the stairs on my own, but I can’t run about like I used to, and that’s what makes me so cross.”

Number of people with each of the 7 most frequent conditions



Social capitals, assets and resources



“Still enjoy being out in the garden...because I know how to do everything...it’s just knowing the names of things, I’ll just go out and do such and such”

Is Your Community Dementia Friendly?

All parts of a community can organize to adopt dementia friendly practices for the good of all.

[Learn More](#)





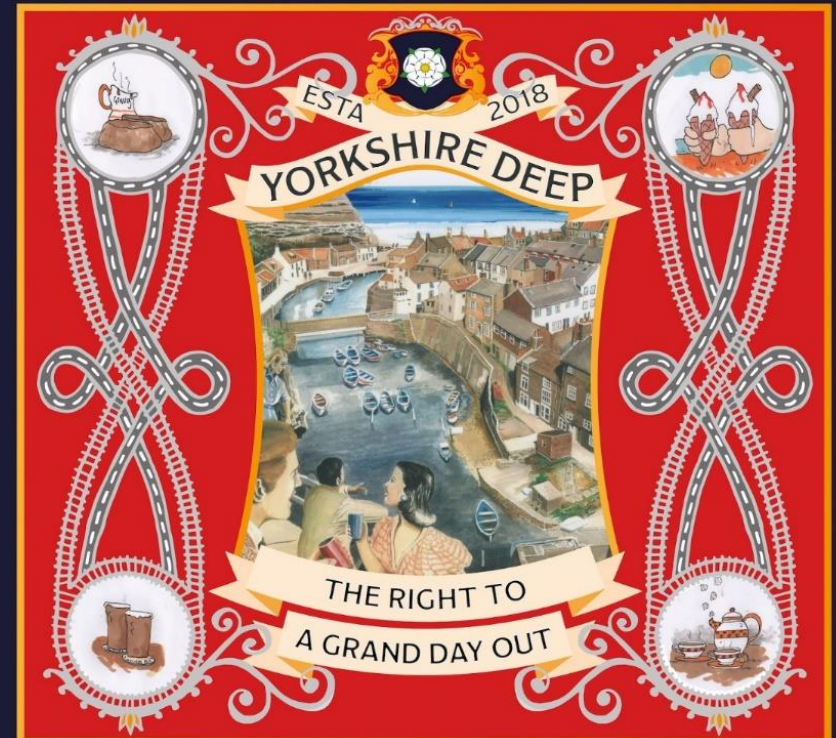
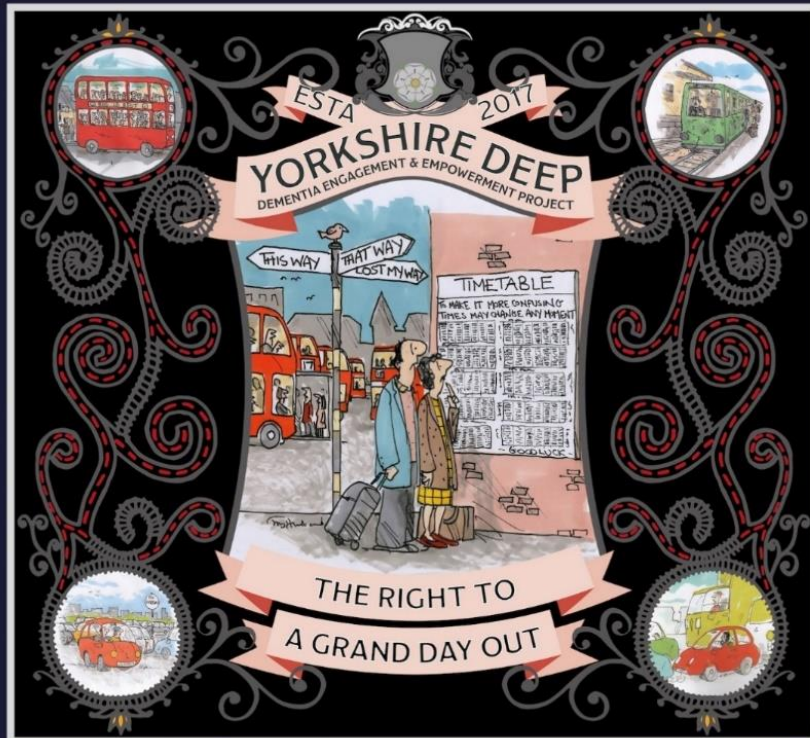
Managing everyday life with dementia



“I mean I can go out, I can do the shopping, you know. I write everything down now though, you know, if I make a list, if I go out to buy anything.”

“I also make notes, erm ... and for instance, erm ... we buy the Guardian newspaper I would circle the programmes that I want to watch. So in that sense a very sort of routine sort of approach to things”

Taking action: planning a campaign



Taking action: raising awareness



Taking action: making 'living well' a reality



Thank you

<http://www.idealproject.org.uk>

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