**Self-esteem, self-efficacy and optimism as psychological resources among informal caregivers of people with dementia: Findings from the IDEAL study**

Lay Summary

Individuals caring for a family member or friend who has dementia face many challenges. This can affect their ability to ‘live well’. By ‘living well’ we mean experiencing high levels of well-being and a good quality of life, and feeling satisfied with life.

In this study, we explored whether having a positive outlook helps carers to live well. A positive outlook includes:

* Believing you can cope – or ‘self-efficacy’
* Feeling you are a person of worth – or ‘self-esteem’
* Being optimistic.

In this study, we used information collected from 1283 carers taking part in the IDEAL study. Carers were either family members, friends, or other supporters of someone with dementia.

Carers were more likely to feel they were living well if they also had high levels of self-efficacy, self-esteem and optimism.

Improving carers’ feelings of self-efficacy, optimism and self-esteem could help to counter the challenges of caring for a person with dementia. Ways of helping carers to feel good about themselves could include making sure they have time for activities they enjoy and socialising with others.