

Are profiles of social, cultural, and economic capital related to living well with dementia? Longitudinal findings from the IDEAL cohort

What resources do people with dementia have, and do these make a difference to 'living well'?

The resources we have – such as friends, interests, and money – contribute to what we do and how we feel. They are important for 'living well', or quality of life. Having dementia could change our resources. For example, as time goes on it might be harder to do some kinds of activities or keep in contact with friends.

We asked people living at home with mild-to-moderate dementia about the resources they have and about their quality of life. We asked them the same questions again one year and two years later.

People with dementia did not get out and about much or get involved in many activities. A few had plenty of social contact, for example with friends, but most did not. Some people said they had enough money to spend, but most had limited funds. These resources did not change much over time.

People's resources did vary, but the differences were generally small. There were no clear links with quality of life.

The most striking finding was that people living at home with mild-to-moderate dementia have limited opportunities to socialize and do various activities. As a society we need to create more opportunities for people to do these things if they want to. We need to make sure these opportunities are accessible for people with limited funds.

This is a summary of a [research article](#) which appeared in the **Social Science & Medicine** journal in December 2022.