

Attitudes toward own aging and cognition among individuals living with and without dementia: Findings from the IDEAL programme and the PROTECT study

How do people with dementia feel about getting older?

People vary in how they feel about getting older. This links with other aspects of their health. Older people who feel more positive about ageing tend to have better memory and thinking skills. We wondered what happens if you have dementia.

We wanted to know:

- how people with dementia feel about getting older
- how this compares to people who do not have dementia
- whether people with dementia who feel more positive about getting older have fewer symptoms (such as forgetfulness or difficulty concentrating)

Two large research studies helped us to answer these questions. Researchers spoke to 1,509 people with mild-to-moderate dementia and 6,377 people who did not have dementia.

Everyone could see both positive and negative sides to getting older. We found no difference between people with dementia and people who did not have dementia. Forgetfulness or difficulty concentrating did not make a difference to how people with dementia felt about getting older.

There was one unexpected finding. People with dementia who said they had poor eyesight were slightly more likely to feel negative about getting older.

People vary in how positive they feel about getting older. This is the same for people with dementia. We know that people with better health tend to feel more positive about getting older. We need to help people maintain the best possible level of health as they get older. We should also make sure that environments are age-friendly. Keeping a positive outlook about getting older helps us all.

This is a summary of a [research article](#) which appeared in the **BMC Geriatrics** journal in August 2022.