

Correlates of Felt Age in Caregivers of People with Dementia: Findings from the IDEAL Study

How old do carers of people with dementia feel and why?

Most adults feel younger than their actual age. Few adults feel as old as they actually are, or older. Those who feel older than their actual age generally experience low mood and poor health. We wondered how carers of people with dementia feel about their age.

We wanted to find out:

- How old carers of people with dementia feel
- Whether carers who feel older than their actual age have poor health and low mood
- What is different about carers who feel older than their actual age?

To answer these questions researchers spoke with 1,247 carers of people with dementia.

One in four carers felt older than their actual age. These carers had lower mood and poorer health. They were spending more hours helping the person with dementia and felt more stressed.

Asking carers what age they feel can help identify those who are doing less well.

This is a summary of a [research article](#) which was published in the **Frontiers in Psychology** journal in January 2024.