

## Living Alone with Mild-To-Moderate Dementia: Findings from the IDEAL Cohort

A considerable number of people with dementia live alone. This number is likely to grow. We need to know more about the particular needs of people with dementia who live alone. This will help to make plans about how to support them.

We wanted to find out how people with dementia who live alone differ from those who live with others.

We used information provided by 1541 people with mild-to-moderate dementia taking part in the IDEAL study and their family members. We had information from 1277 family members.

There were 1256 people with dementia (81.5%) living with others and 285 people with dementia (18.5%) living alone. This tells us that about 1 in 5 people with mild-to-moderate dementia are living alone. About 1 in 3 of those living alone had little or no support from family or friends. People living alone were more likely to be older and to be female than those living with others. We found only a few differences between those living alone and those living with others. Where we did find differences, they were mostly small.

On the one hand, people living alone tended to feel lonelier, and to feel less satisfied with their lives, than those living with others.

On the other hand, people living alone tended to have milder impairments and to have more social contact with people from other households than people living with others. They were also higher users of home care services and equipment such as memory aids and falls prevention aids.

There were no differences in symptoms, mood, quality of life or well-being.

People living alone with mild-to-moderate dementia generally seem to be managing well with the support of home care services and suitable equipment. However, it is important to enable them to have a more satisfactory day-to-day experience.

This is a summary of a [research article](#) published in the **Journal of Alzheimer's Disease** in November 2020.