YouGov / Mail Metro Media Survey Results

Sample size: 2328 adults in UK

Fieldwork: 25th - 26th October 2026

		Vote in 2024 GE					EU Ref 2016		Gender		Age				Socio-economic classification (NS-SEC)		
	Total	Con	Lab	Lib Dem	Reform UK	Green	Remain	Leave	Male	Female	18-24	25-49	50-64	65+	Higher	Intermediate	Routine
Weighted Sample	**2328**	405	578	211	244	128	824	829	1127	1201	244	957	577	549	787	521	696
Unweighted Sample	**2328**	341	623	211	235	135	912	769	1016	1312	194	897	654	583	972	504	524
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Which, if any, of the following describe your personal experience with dementia?																	
I have no personal experience with dementia	**38**	37	40	36	30	44	33	38	43	34	52	39	36	34	35	35	42
A grandparent has or has had dementia	**19**	13	22	17	21	25	22	15	18	21	21	28	16	5	22	18	14
I know someone with dementia but they are not a close friend or relative	**17**	18	17	18	26	15	17	20	13	20	11	16	19	18	16	21	17
Another family member has or has had dementia	**14**	17	14	10	16	11	15	17	13	15	10	12	15	19	15	14	14
One or both of my parents have or have had dementia	**12**	14	11	21	17	7	16	13	11	13	1	3	20	23	15	15	8
A close friend has or has had dementia	**6**	9	5	5	9	2	6	8	5	7	1	2	8	12	6	7	6
My husband, wife or partner has or has had dementia	**1**	3	1	2	1	1	1	1	1	1	0	0	1	4	2	1	1
I have been diagnosed with dementia	**0**	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Prefer not to say	**3**	3	4	2	1	5	3	3	5	2	4	4	3	2	3	2	5
Refused	**3**	1	2	3	3	2	3	1	4	2	6	4	2	2	3	4	2
You said you know or have known someone with dementia. Do you currently provide, or have you previously provided, unpaid care or support for someone with dementia? This includes, but is not limited to, day-to-day care such as helping them wash/bathe, accompanying them to medical appointments, shopping for them, etc.																	
[Asked only to respondents who know someone with dementia; N=1331]																	
I **currently** provide unpaid care or support for someone with dementia	**6**	6	6	6	6	*3*	6	6	6	5	*4*	3	6	9	8	5	3
I have **previously** provided unpaid care or support for someone with dementia	**23**	22	19	26	29	*17*	23	28	24	23	*14*	16	31	30	23	27	20
I have **never** provided unpaid care or support for someone with dementia	**68**	70	70	67	62	*74*	68	63	67	68	*77*	76	60	60	67	65	72
Don't know	**1**	0	3	0	1	*2*	1	1	1	2	*3*	3	1	0	1	1	2
Prefer not to say	**2**	3	2	1	1	*4*	2	2	2	1	*2*	2	2	1	2	2	2

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Weighted Sample	2328	1949	121	193	65	535	370	268	775
Unweighted Sample	2328	1921	140	210	57	534	371	223	793
	%	%	%	%	%	%	%	%	%
Which, if any, of the following describe your personal experience with dementia?									
I have no personal experience with dementia	**38**	39	37	36	*28*	39	38	41	38
A grandparent has or has had dementia	**19**	19	22	19	*22*	20	18	15	20
I know someone with dementia but they are not a close friend or relative	**17**	17	14	20	*17*	16	17	14	18
Another family member has or has had dementia	**14**	14	18	12	*26*	14	15	11	14
One or both of my parents have or have had dementia	**12**	12	10	11	*12*	12	11	9	14
A close friend has or has had dementia	**6**	6	5	8	*4*	6	5	3	7
My husband, wife or partner has or has had dementia	**1**	1	1	1	*0*	1	2	2	1
I have been diagnosed with dementia	**0**	0	0	0	*0*	0	0	0	0
Prefer not to say	**3**	4	2	2	*6*	3	2	7	3
Refused	**3**	3	2	5	*0*	3	4	7	1
You said you know or have known someone with dementia. Do you currently provide, or have you previously provided, unpaid care or support for someone with dementia? This includes, but is not limited to, day-to-day care such as helping them wash/bathe, accompanying them to medical appointments, shopping for them, etc.									
[Asked only to respondents who know someone with dementia; N=1331]									
I **currently** provide unpaid care or support for someone with dementia	**6**	5	*10*	4	*7*	3	3	11	7
I have **previously** provided unpaid care or support for someone with dementia	**23**	24	*16*	26	*25*	27	21	21	24
I have **never** provided unpaid care or support for someone with dementia	**68**	68	*70*	66	*63*	66	73	68	66
Don't know	**1**	1	*1*	2	*2*	3	2	1	1
Prefer not to say	**2**	2	*2*	2	*2*	2	1	0	3

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	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%

Thinking about your experience of caring for someone with dementia, how well supported, if at all, [do/did] you feel in your caring role?

[Asked only to respondents who have previously/ are currently providing unpaid care or support for someone with dementia; N=409]

Very well supported	3	*1*	3	*0*	*4*	*16*	3	4	3	4	*0*	*5*	4	1	1	*0*	*5*
Fairly well supported	23	*17*	21	*30*	*15*	*20*	23	20	27	20	*44*	*15*	20	29	24	*23*	*19*
TOTAL WELL SUPPORTED	26	***18***	**24**	***30***	***19***	***36***	**26**	**24**	**30**	**24**	***44***	***20***	**24**	**30**	**25**	***23***	***24***
Not very well supported	32	*38*	29	*29*	*30*	*27*	36	25	31	34	*46*	*30*	32	33	38	*29*	*25*
Not at all supported	34	*38*	39	*30*	*45*	*37*	30	44	33	35	*0*	*39*	39	31	31	*44*	*38*
TOTAL NOT SUPPORTED	66	***76***	**68**	***59***	***75***	***64***	**66**	**69**	**64**	**69**	***46***	***69***	**71**	**64**	**69**	***73***	***63***
Don't know	7	*6*	7	*12*	*6*	*0*	8	6	6	7	*10*	*11*	4	6	7	*5*	*12*

Generally speaking, do you think unpaid carers of people with dementia receive too much, too little, or about the right amount of…

… recognition from society?

Too much	1	0	1	1	0	0	1	1	1	1	0	1	1	0	1	1	0
Too little	72	70	76	77	67	75	78	72	70	75	71	67	75	80	75	73	70
About the right amount	8	10	7	5	11	11	7	8	9	8	11	11	6	5	9	9	8
Don't know	18	19	15	17	22	14	15	19	21	16	18	21	18	15	16	18	21

… financial support?

Too much	1	0	0	1	1	0	0	0	1	0	0	1	1	0	1	1	1
Too little	66	66	70	68	60	68	69	65	63	69	66	62	70	70	68	66	64
About the right amount	7	7	4	5	9	7	6	6	7	6	11	7	4	8	6	7	7
Don't know	26	27	25	26	31	25	24	28	29	24	24	30	26	22	25	26	29

… attention to their own physical and mental health needs?

Too much	1	0	1	0	1	1	1	0	1	1	3	1	0	0	0	1	1
Too little	72	71	76	78	67	77	76	73	68	76	67	68	77	77	75	72	69
About the right amount	6	5	5	3	7	5	4	5	7	5	9	7	3	6	6	6	6
Don't know	21	24	18	19	24	18	19	22	25	18	21	25	20	17	19	20	24

… professional help?

Too much	0	0	0	0	0	0	1	0	0	0	0	1	0	1	0	0	1
Too little	69	67	76	73	64	72	72	70	65	73	67	66	70	74	72	67	67
About the right amount	6	5	4	6	7	5	6	5	7	5	11	7	5	6	6	9	5
Don't know	24	28	19	21	29	22	22	25	28	21	22	27	26	20	22	24	27

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	%	%	%	%	%	%	%	%	%

Thinking about your experience of caring for someone with dementia, how well supported, if at all, [do/did] you feel in your caring role?

[Asked only to respondents who have previously/ are currently providing unpaid care or support for someone with dementia; N=409]

Very well supported	**3**	3	*3*	*0*	*10*	*0*	*2*	*3*	6
Fairly well supported	**23**	20	*24*	*51*	*29*	*21*	*31*	*17*	16
TOTAL WELL SUPPORTED	**26**	**23**	***27***	***51***	***39***	***21***	***33***	***20***	**22**
Not very well supported	**32**	32	*26*	*29*	*52*	*32*	*30*	*48*	29
Not at all supported	**34**	37	*32*	*16*	*10*	*37*	*29*	*25*	44
TOTAL NOT SUPPORTED	**66**	**69**	***58***	***45***	***62***	***69***	***59***	***73***	**73**
Don't know	**7**	7	*15*	*4*	*0*	*10*	*8*	*7*	5

Generally speaking, do you think unpaid carers of people with dementia receive too much, too little, or about the right amount of…

… recognition from society?

Too much	**1**	1	1	0	*0*	1	0	2	1
Too little	**72**	72	74	73	*80*	77	72	66	70
About the right amount	**8**	8	11	8	*7*	6	10	13	8
Don't know	**18**	19	14	19	*13*	15	18	19	21

… financial support?

Too much	**1**	1	1	0	*0*	1	0	0	1
Too little	**66**	66	71	63	*73*	66	66	64	67
About the right amount	**7**	6	10	10	*4*	8	6	7	5
Don't know	**26**	27	18	27	*22*	26	28	29	27

… attention to their own physical and mental health needs?

Too much	**1**	1	5	1	*0*	1	0	0	1
Too little	**72**	72	68	72	*92*	73	70	69	72
About the right amount	**6**	6	12	6	*1*	5	5	7	5
Don't know	**21**	22	15	21	*6*	21	25	23	21

… professional help?

Too much	**0**	0	0	1	*0*	0	0	0	1
Too little	**69**	69	65	69	*75*	71	66	66	69
About the right amount	**6**	6	15	5	*0*	6	7	8	5
Don't know	**24**	25	19	25	*25*	23	26	26	25

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	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Which of the following statements do you believe is correct about who pays for long-term care for someone with dementia in the UK?																	
The NHS or government always pays the full cost of dementia care, regardless of someone's circumstances	**12**	12	13	8	14	9	10	13	12	12	14	14	10	9	13	11	11
People with dementia must always pay the full cost of their own care	**3**	3	3	4	3	0	3	3	3	3	4	3	2	3	3	3	3
Some people with dementia may qualify for public funding towards some or all of their care costs, depending on their needs, circumstances and where they live	**64**	67	66	77	63	68	73	64	62	66	53	59	69	73	68	66	62
Don't know	**21**	19	19	10	20	23	13	21	22	19	29	23	18	15	16	20	24
Before today, were you aware that people who provide unpaid care for someone with dementia may be entitled to have their own needs assessed by public services, to identify what practical or emotional support they might need (sometimes called a carer's assessment or, in Scotland, an adult carer support plan)?																	
Yes, and I understand how it works	**8**	9	8	8	6	8	9	9	7	9	7	8	9	8	10	9	6
Yes, but I don't know how it works	**22**	19	25	27	23	31	26	19	24	20	26	21	21	23	26	21	19
No, I wasn't aware of this	**64**	67	61	61	64	57	62	66	64	64	60	62	67	67	60	65	69
Don't know	**6**	5	5	3	7	4	4	5	5	6	8	9	3	2	4	4	7

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	%	%	%	%	%	%	%	%	%

Which of the following statements do you believe is correct about who pays for long-term care for someone with dementia in the UK?

The NHS or government always pays the full cost of dementia care, regardless of someone's circumstances	**12**	12	13	11	*19*	10	10	13	13
People with dementia must always pay the full cost of their own care	**3**	3	7	2	*3*	3	3	5	2
Some people with dementia may qualify for public funding towards some or all of their care costs, depending on their needs, circumstances and where they live	**64**	64	63	65	*63*	67	64	59	65
Don't know	**21**	21	16	22	*15*	20	23	23	20

Before today, were you aware that people who provide unpaid care for someone with dementia may be entitled to have their own needs assessed by public services, to identify what practical or emotional support they might need (sometimes called a carer's assessment or, in Scotland, an adult carer support plan)?

Yes, and I understand how it works	**8**	8	12	10	*7*	8	4	7	9
Yes, but I don't know how it works	**22**	22	19	20	*21*	21	25	25	21
No, I wasn't aware of this	**64**	64	59	66	*67*	65	65	64	64
Don't know	**6**	5	10	4	*5*	5	6	4	6

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%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%

The next few questions ask you to imagine how you would feel or what you would do if a partner, parent or other close family member was diagnosed with dementia. We understand that you may have already experienced this. If so, please answer based on how you think you would feel or act if it happened now, rather than what you did in the past.

Imagine a partner, parent or other close family member was diagnosed with dementia tomorrow. How confident, if at all, would you feel about knowing where to turn for advice and practical support?

Very confident	**3**	3	3	6	2	1	4	3	3	3	2	3	4	3	4	3	3
Fairly confident	**21**	26	19	19	24	22	20	23	21	21	20	17	23	25	21	22	20
TOTAL CONFIDENT	**24**	**29**	**22**	**25**	**26**	**23**	**24**	**26**	**24**	**24**	**22**	**20**	**27**	**28**	**25**	**25**	**23**
Not very confident	**42**	40	44	48	39	39	45	38	42	42	47	41	42	41	43	40	43
Not at all confident	**30**	28	29	25	33	36	28	32	29	31	26	34	29	27	29	31	30
TOTAL NOT CONFIDENT	**72**	**68**	**73**	**73**	**72**	**75**	**73**	**70**	**71**	**73**	**73**	**75**	**71**	**68**	**72**	**71**	**73**
Don't know	**4**	2	5	2	2	3	3	3	5	3	5	5	2	3	2	5	5

If a partner, parent or other close family member was diagnosed with dementia tomorrow, where would you be most likely to turn for advice on the practical, financial and care support available? Please select up to three.

GP	**56**	59	56	63	51	56	60	55	55	57	52	53	60	59	60	59	51
Dementia charity	**51**	56	54	62	50	58	56	53	46	54	34	45	57	60	58	52	45
Internet search	**41**	38	41	36	42	52	41	38	42	40	45	48	39	30	45	40	38
Friends or family	**28**	25	30	26	29	32	29	24	27	30	39	30	23	25	29	26	28
Local council	**16**	19	18	20	16	7	18	17	17	15	8	10	20	24	18	17	13
Social media or online communities	**9**	7	10	9	8	11	10	7	7	11	14	10	8	6	10	8	9
Solicitor or financial adviser	**3**	4	3	4	2	2	4	3	4	3	4	3	3	4	4	2	4
A&E	**1**	1	2	1	2	0	1	1	1	1	5	1	1	0	1	1	1
Other *[See Tab 1]*	**1**	1	2	1	1	2	2	2	1	1	0	1	1	3	2	1	1
Don't know	**10**	8	10	5	10	9	8	10	13	7	13	11	8	9	6	9	13

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Imagine a partner, parent or other close family member was diagnosed with dementia tomorrow. How confident, if at all, would you feel about knowing where to turn for advice and practical support?

Very confident	**3**	3	4	5	*4*	3	2	1	4
Fairly confident	**21**	21	20	22	*16*	18	21	22	22
TOTAL CONFIDENT	**24**	**24**	**24**	**27**	***20***	**21**	**23**	**23**	**26**
Not very confident	**42**	42	43	39	*43*	45	44	39	41
Not at all confident	**30**	31	22	29	*33*	31	30	34	29
TOTAL NOT CONFIDENT	**72**	**73**	**65**	**68**	***76***	**76**	**74**	**73**	**70**
Don't know	**4**	4	10	5	*4*	3	2	3	5

If a partner, parent or other close family member was diagnosed with dementia tomorrow, where would you be most likely to turn for advice on the practical, financial and care support available? Please select up to three.

GP	**56**	55	58	61	*62*	55	55	58	55
Dementia charity	**51**	51	49	49	*48*	48	55	49	52
Internet search	**41**	41	35	43	*37*	43	43	39	40
Friends or family	**28**	28	26	33	*28*	27	29	31	26
Local council	**16**	16	14	24	*4*	16	13	15	17
Social media or online communities	**9**	9	8	6	*10*	10	9	9	9
Solicitor or financial adviser	**3**	3	8	4	*2*	2	5	4	3
A&E	**1**	1	0	2	*0*	1	2	3	1
Other *[See Tab 1]*	**1**	1	1	2	*2*	0	1	2	2
Don't know	**10**	10	13	6	*13*	10	10	9	10

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	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Imagine a partner, parent or other close family member had just been diagnosed with dementia. Which of the following, if any, would you most want clear, practical advice about? Please select up to three.																	
How to slow or manage symptoms	**38**	38	38	37	38	42	41	38	35	41	37	36	39	40	41	39	35
Keeping the person safe at home	**38**	39	37	38	38	42	38	39	36	40	40	35	38	41	38	40	36
Getting NHS or council support	**32**	39	35	35	25	35	34	34	33	32	22	28	34	42	35	30	31
Financial benefits and allowances	**23**	27	20	29	26	18	25	24	22	24	19	19	27	27	24	24	22
Paying for care	**23**	24	25	22	24	17	21	25	25	22	26	24	24	21	25	25	22
Dealing with anger, distress or personality changes	**22**	24	20	30	23	25	25	22	21	23	26	19	22	26	21	22	22
Communicating with someone whose memory is deteriorating	**20**	18	20	21	20	24	21	19	21	19	26	21	18	18	22	19	17
Arranging power of attorney	**15**	17	16	19	15	14	17	15	14	15	14	14	14	17	17	16	13
Balancing caring with work	**14**	11	18	12	11	17	14	12	14	13	13	20	14	3	19	12	12
Protecting my own mental health	**10**	9	11	11	11	10	10	11	8	12	9	10	12	10	8	11	11
Managing bank accounts and bills	**9**	9	8	9	10	4	10	9	8	9	8	9	9	9	9	8	10
Finding respite care	**9**	9	10	10	10	4	11	9	8	10	4	9	9	13	11	12	8
Other *[See Tab 2]*	**1**	1	1	0	0	1	1	0	1	1	1	0	0	1	1	1	0
Don't know	**9**	7	6	6	10	9	6	10	11	7	10	10	8	7	5	7	12
Not applicable – I would not need any advice	**2**	1	2	1	1	2	1	1	2	2	2	3	1	0	2	1	2
If a partner, parent or other close family member developed dementia and their behaviour changed – for example, becoming angry, distressed, suspicious or confused – how prepared, if at all, would you feel to respond and cope with these changes?																	
Very prepared	**1**	1	1	1	1	2	1	1	1	1	0	1	2	1	1	1	1
Fairly prepared	**15**	17	15	16	13	8	14	16	15	15	17	12	16	18	15	15	16
TOTAL PREPARED	**16**	**18**	**16**	**17**	**14**	**10**	**15**	**17**	**16**	**16**	**17**	**13**	**18**	**19**	**16**	**16**	**17**
Not very prepared	**44**	45	45	44	49	38	45	45	43	45	45	42	46	46	49	41	42
Not at all prepared	**32**	30	32	35	30	48	32	31	31	34	30	37	30	28	30	35	31
TOTAL NOT PREPARED	**76**	**75**	**77**	**79**	**79**	**86**	**77**	**76**	**74**	**79**	**75**	**79**	**76**	**74**	**79**	**76**	**73**
Don't know	**7**	7	7	3	6	4	7	7	10	5	8	7	6	7	5	7	9

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Sample size: 2328 adults in UK

Fieldwork: 25th - 26th October 2026

		Country				Region in England			
	Total	England	Wales	Scotland	Northern Ireland	North	Midlands	London	Rest of South
Weighted Sample	2328	1949	121	193	65	535	370	268	775
Unweighted Sample	2328	1921	140	210	57	534	371	223	793
	%	%	%	%	%	%	%	%	%

Imagine a partner, parent or other close family member had just been diagnosed with dementia. Which of the following, if any, would you most want clear, practical advice about? Please select up to three.

How to slow or manage symptoms	**38**	38	35	33	*55*	37	40	40	37
Keeping the person safe at home	**38**	37	34	44	*34*	38	40	35	37
Getting NHS or council support	**32**	32	30	35	*30*	30	35	31	33
Financial benefits and allowances	**23**	23	22	27	*23*	20	21	21	26
Paying for care	**23**	23	28	21	*19*	23	24	21	24
Dealing with anger, distress or personality changes	**22**	22	25	23	*27*	22	24	20	22
Communicating with someone whose memory is deteriorating	**20**	20	20	18	*32*	20	21	17	20
Arranging power of attorney	**15**	15	14	15	*3*	16	12	16	16
Balancing caring with work	**14**	14	13	12	*8*	15	17	12	13
Protecting my own mental health	**10**	10	8	11	*8*	10	13	10	10
Managing bank accounts and bills	**9**	9	8	8	*7*	11	9	9	8
Finding respite care	**9**	9	14	11	*10*	8	9	13	8
Other *[See Tab 2]*	**1**	1	1	1	*0*	1	0	0	1
Don't know	**9**	9	12	8	*11*	9	5	10	9
Not applicable – I would not need any advice	**2**	2	1	3	*0*	2	2	2	2

If a partner, parent or other close family member developed dementia and their behaviour changed – for example, becoming angry, distressed, suspicious or confused – how prepared, if at all, would you feel to respond and cope with these changes?

Very prepared	**1**	1	2	2	*2*	0	1	1	2
Fairly prepared	**15**	15	14	12	*13*	15	16	16	15
TOTAL PREPARED	**16**	**16**	**16**	**14**	***15***	**15**	**17**	**17**	**17**
Not very prepared	**44**	44	39	52	*40*	46	45	43	43
Not at all prepared	**32**	33	34	24	*33*	32	32	37	33
TOTAL NOT PREPARED	**76**	**77**	**73**	**76**	***73***	**78**	**77**	**80**	**76**
Don't know	**7**	7	10	10	*13*	7	6	4	8

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		Vote in 2024 GE					EU Ref 2016		Gender		Age				Socio-economic classification (NS-SEC)		
	Total	Con	Lab	Lib Dem	Reform UK	Green	Remain	Leave	Male	Female	18-24	25-49	50-64	65+	Higher	Intermediate	Routine
Weighted Sample	2328	405	578	211	244	128	824	829	1127	1201	244	957	577	549	787	521	696
Unweighted Sample	2328	341	623	211	235	135	912	769	1016	1312	194	897	654	583	972	504	524
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
If you were caring for someone with dementia and found yourself struggling emotionally, how comfortable, if at all, would you feel telling each of the following that you were finding it difficult to cope?																	
Close friends																	
Very comfortable	**22**	22	23	29	19	25	24	22	18	26	26	20	21	27	25	21	23
Fairly comfortable	**40**	46	41	36	39	37	41	40	35	44	36	41	43	37	42	43	38
TOTAL COMFORTABLE	**62**	**68**	**64**	**65**	**58**	**62**	**65**	**62**	**53**	**70**	**62**	**61**	**64**	**64**	**67**	**64**	**61**
Not very comfortable	**20**	18	19	23	25	21	20	20	23	17	17	20	20	21	19	23	20
Not at all comfortable	**8**	7	7	4	8	9	7	9	10	5	7	7	7	8	8	5	8
TOTAL NOT COMFORTABLE	**28**	**25**	**26**	**27**	**33**	**30**	**27**	**29**	**33**	**22**	**24**	**27**	**27**	**29**	**27**	**28**	**28**
Don't know	**8**	5	7	5	9	7	6	6	10	6	11	10	5	5	5	6	9
Not applicable	**3**	2	2	2	1	1	2	3	3	2	3	2	3	2	1	2	2
Family																	
Very comfortable	**25**	28	22	28	24	18	24	27	22	27	27	18	26	33	25	25	26
Fairly comfortable	**39**	41	41	40	39	43	41	37	37	41	37	42	38	37	41	39	39
TOTAL COMFORTABLE	**64**	**69**	**63**	**68**	**63**	**61**	**65**	**64**	**59**	**68**	**64**	**60**	**64**	**70**	**66**	**64**	**65**
Not very comfortable	**19**	16	20	21	19	18	20	19	19	18	17	20	20	15	20	21	16
Not at all comfortable	**8**	9	8	3	7	11	7	9	10	6	6	9	8	7	8	7	8
TOTAL NOT COMFORTABLE	**27**	**25**	**28**	**24**	**26**	**29**	**27**	**28**	**29**	**24**	**23**	**29**	**28**	**22**	**28**	**28**	**24**
Don't know	**7**	4	7	5	8	8	6	5	9	5	11	9	5	4	4	6	9
Not applicable	**3**	3	2	2	2	1	2	3	3	2	2	2	3	4	2	2	2
Healthcare professionals (e.g. GP, nurse)																	
Very comfortable	**29**	37	29	34	26	27	32	32	30	28	20	22	31	43	33	32	26
Fairly comfortable	**43**	41	46	46	40	43	45	40	40	46	42	46	46	36	45	41	42
TOTAL COMFORTABLE	**72**	**78**	**75**	**80**	**66**	**70**	**77**	**72**	**70**	**74**	**62**	**68**	**77**	**79**	**78**	**73**	**68**
Not very comfortable	**15**	11	14	13	22	18	12	16	15	15	23	16	13	12	13	16	15
Not at all comfortable	**5**	4	4	2	5	5	5	4	6	4	2	7	4	3	4	4	6
TOTAL NOT COMFORTABLE	**20**	**15**	**18**	**15**	**27**	**23**	**17**	**20**	**21**	**19**	**25**	**23**	**17**	**15**	**17**	**20**	**21**
Don't know	**7**	5	7	4	7	6	6	6	8	6	11	9	5	4	4	5	11
Not applicable	**1**	1	1	1	0	1	0	1	1	1	2	1	1	1	1	2	0

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	%	%	%	%	%	%	%	%	%

If you were caring for someone with dementia and found yourself struggling emotionally, how comfortable, if at all, would you feel telling each of the following that you were finding it difficult to cope?

Close friends									
Very comfortable	**22**	22	29	23	*13*	21	21	24	23
Fairly comfortable	**40**	40	41	40	*46*	38	42	36	41
TOTAL COMFORTABLE	**62**	**62**	**70**	**63**	***59***	**59**	**63**	**60**	**64**
Not very comfortable	**20**	20	15	19	*17*	21	20	20	21
Not at all comfortable	**8**	8	5	8	*7*	10	6	8	6
TOTAL NOT COMFORTABLE	**28**	**28**	**20**	**27**	***24***	**31**	**26**	**28**	**27**
Don't know	**8**	7	7	8	*14*	7	8	10	6
Not applicable	**3**	3	3	1	*3*	3	4	2	3
Family									
Very comfortable	**25**	24	30	24	*23*	25	25	22	25
Fairly comfortable	**39**	40	36	35	*48*	39	42	39	40
TOTAL COMFORTABLE	**64**	**64**	**66**	**59**	***71***	**64**	**67**	**61**	**65**
Not very comfortable	**19**	18	21	23	*17*	18	16	19	19
Not at all comfortable	**8**	8	4	7	*3*	10	8	8	8
TOTAL NOT COMFORTABLE	**27**	**26**	**25**	**30**	***20***	**28**	**24**	**27**	**27**
Don't know	**7**	7	7	9	*10*	7	7	10	6
Not applicable	**3**	3	2	2	*0*	2	3	3	3
Healthcare professionals (e.g. GP, nurse)									
Very comfortable	**29**	29	30	34	*25*	25	30	26	31
Fairly comfortable	**43**	44	38	37	*46*	46	40	47	43
TOTAL COMFORTABLE	**72**	**73**	**68**	**71**	***71***	**71**	**70**	**73**	**74**
Not very comfortable	**15**	15	18	17	*17*	16	18	12	13
Not at all comfortable	**5**	5	6	4	*0*	5	3	7	5
TOTAL NOT COMFORTABLE	**20**	**20**	**24**	**21**	***17***	**21**	**21**	**19**	**18**
Don't know	**7**	7	8	8	*13*	7	7	8	7
Not applicable	**1**	1	1	0	*0*	1	1	1	1

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	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Which, if any, of the following would make you reluctant to ask for help if you were finding it difficult to cope with caring for someone with dementia?																	
Not wanting to burden other people	**43**	41	44	46	41	50	45	39	43	43	46	47	41	37	42	42	43
Feeling guilty about struggling	**31**	29	33	32	26	31	32	30	27	34	28	35	31	25	32	31	31
Not knowing where to turn	**30**	32	30	31	34	27	28	31	30	30	28	31	29	28	28	33	31
Feeling that caring for a loved one should be my responsibility	**25**	22	26	25	28	19	25	25	25	25	28	25	26	24	25	27	22
Worrying that telling someone about my difficulties could affect the care of my loved one	**20**	22	19	22	19	25	21	22	18	22	19	21	21	20	20	17	22
Worrying that other people would not understand	**20**	21	21	20	18	15	21	19	19	22	24	21	19	18	21	22	18
Fear of being judged	**16**	15	18	16	14	15	16	14	15	16	17	18	18	9	16	15	16
Feeling embarrassed	**11**	7	12	9	12	9	9	11	13	9	14	13	9	8	11	11	11
Other *[See Tab 4]*	**1**	0	1	1	1	1	1	1	1	0	0	1	1	1	1	0	0
I wouldn't be reluctant to ask for help	**16**	23	14	15	16	11	17	19	15	17	8	10	18	26	17	18	14
Don't know	**8**	6	7	4	8	10	6	7	11	5	14	9	6	7	6	8	9

**This survey was carried out online. The figures have been weighted and are representative of all adults in UK (aged 18+).*

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	%	%	%	%	%	%	%	%	%
Which, if any, of the following would make you reluctant to ask for help if you were finding it difficult to cope with caring for someone with dementia?									
Not wanting to burden other people	**43**	42	38	51	*44*	38	45	45	43
Feeling guilty about struggling	**31**	30	39	37	*31*	31	28	26	31
Not knowing where to turn	**30**	30	30	30	*19*	27	35	31	30
Feeling that caring for a loved one should be my responsibility	**25**	25	32	25	*22*	24	29	22	25
Worrying that telling someone about my difficulties could affect the care of my loved one	**20**	21	13	20	*23*	21	21	23	20
Worrying that other people would not understand	**20**	20	17	25	*12*	19	21	25	19
Fear of being judged	**16**	16	10	18	*17*	15	15	16	16
Feeling embarrassed	**11**	10	7	18	*16*	11	12	10	10
Other *[See Tab 4]*	**1**	1	0	0	*0*	0	1	0	1
I wouldn't be reluctant to ask for help	**16**	16	15	13	*25*	16	15	16	16
Don't know	**8**	8	10	9	*6*	9	8	7	7

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