

To check the effect of behavioral changes in the older age group (≥ 60 years) people with Dementia in United Kingdom: “A Systematic Review”

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Introduction/ Rationale:

- According to world Health Organization Dementia refers to a group of conditions that impact memory, thinking, and the ability to carry out everyday activities (WHO, n.d.).
- In the UK, Dementia is most common in people over 60, but it occasionally develops before this.(NHS, 2025) (NICE, 2023)
- Mild cognitive impairment and dementia may be linked to chronic depressive disorders and stress (Wallensten et al,2023).
- Aggression, sadness, and agitation are common behavioral changes associated with dementia that have a significant impact on caring and quality of life (Murray, Shaw and Macdonald,2019).
- World Health Organization stated that In order to enhance early care and lessen the strain on families and health systems, there is an urgent need to investigate these behavioral signs (Alzheimer Society,2025), (WHO,2024).

Prevalence:

- In the UK, almost 944,000 individuals suffer with dementia and it affects 1 in 11 adults over 65 (NHS,2024).
- People are living longer, which is leading to an increase in the number of dementia suffers (NHS,2024).
- Over a million people in UK are expected to have dementia by 2030 (NHS,2024).
- Up to 90% of those with dementia experience behavioural abnormalities and depression as the illness progresses (NCBI, 2024).
- There is a substantial connection between these behavioural variations and neurodegenerative conditions (Alzheimer society,2024)

Research Impact:

- This research will enhance understanding of behavioral symptoms in dementia, promoting early recognition and person-centered care (NHS,2024).
- The findings will support training for health and social care professional to improve behavioral management and reduce caregiver strain (Dementia UK, 2025).
- Moreover, the outcomes will inform evidence-based policy and service development, contributing to improved dementia care and quality of life across the UK (Public Health England, 2024) (Rapaport et al, 2018).

Research Question:

How do behavioural changes impact on the living experiences of people with dementia in older age in the UK?



Research Aim/ Objectives:

This study aims to understand the role of behavioural changes in people in older age group living with dementia (60 > years).

Kind regards,

- To assess the level of behavioural changes among older adults with dementia
- To examine the behavioural changes and cognitive changes.
- To investigate the contributing factors for dementia

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