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### **The impact of Covid-19 pandemic on older adults with dementia and their caregivers: a narrative review**

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**Key words:** elderly; older people; Covid-19; pandemic; dementia; caregiver.

#### *Objective*

The purpose was to gather the existing literature, provide an up-to-date overview and, in the future, to continue the research for this important topic.

#### *Background*

Social participation is recognized as influential to the health and well-being of People with Dementia (PwD). Restrictions implemented during the pandemic have led to isolation by limiting available support networks and affecting the mental health of community-dwelling PwD and their caregivers.

#### *Methods*

References for this overview were identified through searches of PubMed from 1st January 2021 up to 18th September 2022.

## ***Discussion***

In this overview, we examined the impact of the COVID-19 pandemic and the related restrictions on the subjective physical and mental health, worries, and problems of the carers and PwD. All articles reached common conclusions for both PwD and their caregivers. It appeared for both groups that confinement due to the pandemic negatively affected their general health. It created behavioral problems, increased feelings of anxiety and depression, irritability, denial, distancing, passivity, fear of isolation and reintegration into a community with new difficult to adapt rules. Moreover, the caregivers experienced burnout due to the increased workload and reduction in their quality of life. The provision of safety conditions, the use of social technology and the provision of care focused on mental health of individuals had a positive effect.

## ***Conclusion***

Social support networks promote well-being of PwD and their caregivers, despite the effects of Covid-19 pandemic.

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