

Challenges, Needs, and Associated Factors in Long-term Care for Dementia Patients in China: A Cross- Sectional Study

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Background

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To investigate challenges and needs of caregivers in long-term care for dementia patients in China.

Methods

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From November 10 to December 8, 2025, a questionnaire survey was conducted on caregivers of dementia patients via the WeChat. Demographics, disease characteristics, caregiving status, challenges and needs were collected. Logistic regression analysis was used to identify factors associated with respite services in long-term care for dementia patients.

Results

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A total of 410 questionnaires were returned, of which 401 (97.8%) were valid. Among the 401 caregivers, 267 (66.6%) were female, with a mean age of 51.5±12.9 years. Assistance with activities of daily living was the most energy-consuming task (164 cases, 40.9%), communication barriers were the greatest difficulty (112 cases, 27.9%), and economic burden resulted in the significant impact on caregivers (242 cases, 60.3%). Respite care was the most frequently requested service (249 cases, 62.1%). Multivariate logistic regression showed that male caregivers, part-time caregiving status, caring for patients with severe dementia, and duration of disease >5 years since diagnosis were significant associated with demand for respite services.

Conclusion

- Conclusion

The challenges of long-term care for dementia patients encompass heavy daily care tasks, communication barriers, and substantial economic burden. The most urgent need is respite care. Caregivers who are male, provide part-time care, care for severe dementia patients over an extended period exhibit the greatest need for respite services.