

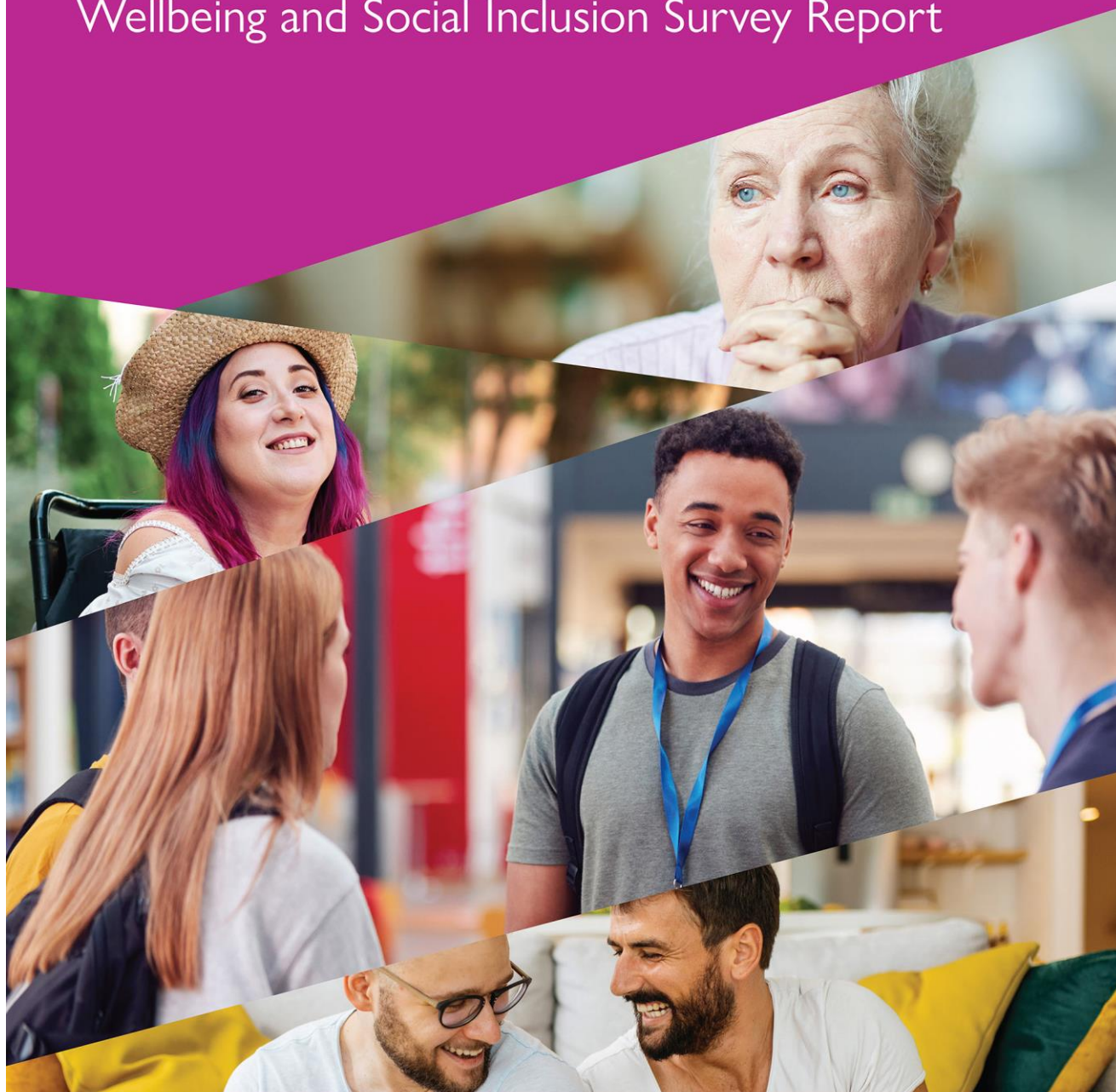
NDA

Údarás Náisiúnta Míchumais
National Disability Authority



How's it going?

Wellbeing and Social Inclusion Survey Report



This is an Easy to Read version of the report

What is this report about?



This report is from the National Disability Authority.



It is about research on the lives of people living in Ireland.



This research asked people if they felt part of the community or society.

This is called social inclusion.



The research asked people about their wellbeing.
Wellbeing is how people feel about themselves and their lives.

Why did we do this research?



The National Disability Inclusion Strategy supports people with disabilities to be part of their communities.

The Strategy will finish at the end of 2022.



Ireland is trying to put the United Nations Convention on the Rights of Persons with Disabilities into action.

The Convention is known as the UNCRPD.



The National Disability Inclusion Strategy is an important part of this work.



We wanted to learn more about the lives of people with disabilities.

This will help us to find out if the Strategy is working and to put the UNCRPD into action.

The research



People answered questions in a survey.

This survey was designed to get information about the experience of people living in Ireland.



The survey was available in different languages and in Easy to Read.

Over two thousand surveys were done.



Most people filled in their survey online.



Some people wrote their answers on a paper survey.

Who took part in the research?



More women than men took part.



Most people that took part were white.

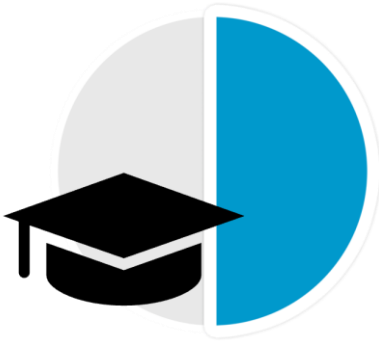


Most people were between 18 and 64 years of age.

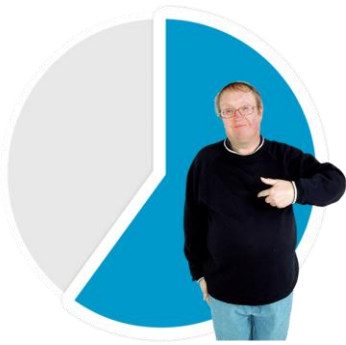


More than half of the people that took part were in work.

Who took part in the research?



More than half of the people that took part had a third level degree.



People with disabilities and without disabilities took part.

Two thirds of the people that took part said they had a disability.



Many people said their health is good or very good.



Only people with disabilities said they had bad or very bad health.

Taking part in the community and feeling connected



Most people that took part in the research said they feel close to three or more people.



More people without disabilities said they feel close to six or more people.



People with disabilities had smaller social networks.



More people with a disability found local places and services difficult to access.

Being included in society



The survey shows that people with a disability are less included in society than people without a disability.



More people with disabilities did not feel part of their community.

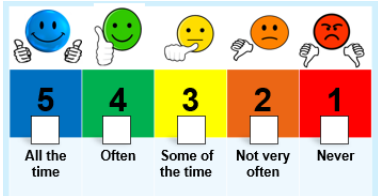


People with disabilities were more likely to say they faced barriers to taking part in their community.



Just over half of people with a disability say they are happy with their inclusion in social groups. This is lower than for people without disabilities.

Wellbeing



We used a scale in the survey to measure mental wellbeing.

People with low scores on the scale are at risk of depression.



The research shows a difference in the mental wellbeing of people with disabilities and people without disabilities.



More people with disabilities had scores that showed they might have depression.



There are many different things in a person's life. The survey showed that these can work together to affect a person's wellbeing.

Wellbeing



The groups that had lower wellbeing scores were:



- those that have a disability and are a member of the LGBTQ+ community

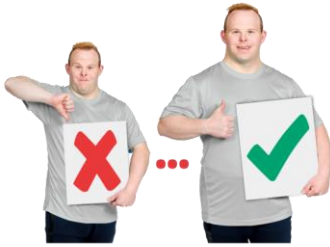


- those that have a disability and are single



- those that are a member of the LGBTQ+ community and find it hard to pay their bills.

Improving social inclusion in Ireland



In the survey, people were asked how social inclusion in Ireland could be improved.



Many people said access to education and training for disadvantaged groups was an important way to improve social inclusion.



Disadvantaged groups do not get the same chances as other people in society.

People with disabilities are a disadvantaged group.



People also said it is important to improve access to jobs for disadvantaged groups.

The results



The survey shows that people with disabilities have more difficulties and lower levels of wellbeing than people without disabilities.



The greater the disability, the poorer the outcomes for the person.

Outcomes are good results in a person's life.



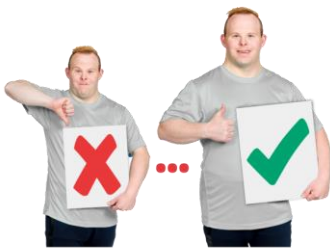
We are worried about the number of people with disabilities with wellbeing scores that show depression.



This was a one-off survey, but it might be good to do it again in the future.

This could help us to look at changes in social inclusion and wellbeing over time.

What needs to change?



If we want to improve the wellbeing of people with disabilities, we need to make changes.

We need to hear about the experiences of people with disabilities.



We need more access to education and work.



We need to look at the money that people with disabilities have to live on.



We need to make sure that people are treated fairly and equally.



This Easy to Read report is from the
National Disability Authority.



Ace Communication helped to put
together this report.
Experts by Experience helped with this
information.

