



# Longitudinal Dynamics in the Ageing of People with an Intellectual Disability

Evidence from the Intellectual Disability Supplement to the Irish Longitudinal Study on Ageing (IDS-TILDA)

Accessible Easy Read Summary



The Intellectual Disability Supplement to  
The Irish Longitudinal Study on Ageing  
(IDS-TILDA)



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# IDS-TILDA

## Wave 5

### Accessible Easy Read Summary

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## A Message from Mary McCarron



The Intellectual Disability Supplement to  
The Irish Longitudinal Study on Ageing  
(IDS-TILDA)

IDS-TILDA has been  
running for over 15 years.



We could not do this  
research without you.



Thank you for your help  
and support over the  
years.



Best wishes,  
Mary

## The words we use

When we say **'Very few'** we mean **1-9% of people**

When we say **'A few'** we mean **10-19% of people**

When we say **'Some'** we mean **20-39% of people**

When we say **'Just under half'** we mean **40-49% of people**

When we say **'Half'** we mean **50% of people**

When we say **'Just over half'** we mean **51-59% of people**

When we say **'Most'** we mean **60-79% of people**

When we say **'Nearly everyone'** we mean **80-99% of people**

## Introduction



The Intellectual Disability Supplement to  
The Irish Longitudinal Study on Ageing  
(IDS-TILDA)

The IDS-TILDA study finds out what it is like to grow older in Ireland with an intellectual disability.



We interviewed people who were over 40 years old and had an intellectual disability.



In this year of the study, 762 people from all around Ireland took part in the study.



In this report we will tell you the important things we found out in the IDS-TILDA study this year.

## Decision making



More people reported making their own choices this time.



Just under half of the people said they chose the food they eat.



Most people said they chose their own clothes.



A few people moved house, but only some of them chose where they lived.

## Relationships



Nearly everyone had family and friends.

Just over half had a best friend.



Just over half had contact with family every week.

Most had contact with friends every week.



Most people in group homes and residential care had friends they lived with.

Half of the people also said that support staff were their friends.



Very few people were married or had their own children.

## Community participation



People did more activities in their community than before.



Only one in ten people had a paid job.



Nearly everyone attended a day service.



A few people stayed at home and did not leave the house.



More people used technology than before. Just under half the people owned a mobile phone.



Almost half used tablets. Others used computers/laptops.

Just over half used the internet at home.



Staff were the biggest support for those who need help with smart devices.



More people than before said they helped their neighbours and friends.

More people also said they got help from neighbours and friends.

## Physical health



Nearly everyone said that they were healthy when we asked them.



But some people had weak bones.

This is dangerous as weak bones can break easily.



It is important that people check to see if their bones are healthy and strong. A doctor can help with this!



Just under half of the people had constipation.



Just under half of the women knew what the menopause is.



Just under half of the women reported symptoms of the menopause.

The most common symptom were hot flashes.



People had pain in their back and their stomachs.

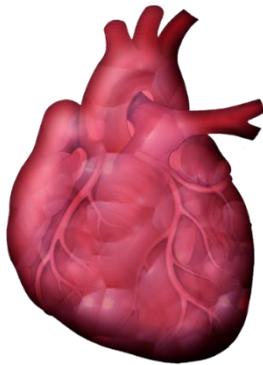
People also experienced pain in their knees.



Nearly everyone had problems with their feet.



When we tested people's hearing, we found that a few people found it hard to hear.



Some people had high blood pressure and just under half of people had high cholesterol.

However, very few people had heart disease.



Overall, the physical health of people under the age of 50 improved over the last ten years.



It is important that everyone gets a regular check up to stay healthy!

## Exercise and diet



Younger people were more active than older people.



Walking was the most popular type of exercise.



However, just over half the people did not do enough exercise.



Health problems and using a wheelchair stopped people doing more exercise.



On average, people spent over 5 hours sitting every day.



Women watched more TV than men.



Half the people thought they had a healthy diet.



Most people enjoyed the food they ate.

## Emotional and mental health



Just under half of the people had an emotional or mental health problem.



A few people had depression.



Some people had anxiety.



Just under half of the people were lonely.



However, less people were lonely than before.



But, when we asked people about their mental health, nearly everyone said their mental health was very good.

## Brain health



People with Down syndrome were more likely to have dementia.



It is important that people with Down syndrome access screening for dementia!

## Healthcare



Nearly everyone went to the doctor regularly.



Nearly everyone got flu and COVID-19 vaccinations.



Nearly everyone took medicines or supplements.



Most people went to the chiropodist.

## Dental health



Most people had their mouth checked as part of the study at the health fair.



Some people had no teeth or no false teeth.



Almost half the people had at least one rotten tooth or more.



It is important to brush your teeth properly to make sure this does not happen!



Nearly everyone brushes their teeth every day.



Most go to the dentist once a year or more.



But, just under half the people are worried about going to the dentist.



If you are worried, talk to your dentist and ask for support!

## Family carers



Most family carers were parents or siblings of the person needing care.



Most carers helped with money and bills.



They also helped with shopping and cooking.



Just over half received carers allowance.

Most had enough money to live and had a good quality of life.

## What happens next?



We will give this information to the government to change policies and make things better.



We will contact you again in 3 years for the next part of the study.



Thank you for your continued support.



See you all again soon.







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