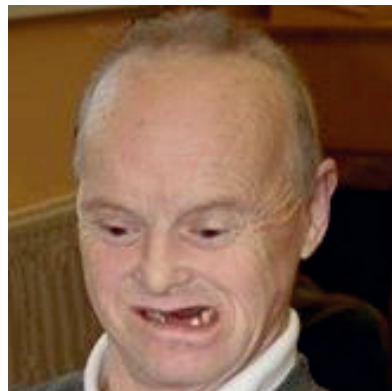




**Trinity College Dublin**  
Coláiste na Tríonóide, Baile Átha Cliath  
The University of Dublin



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



# THE IMPACT OF COVID-19

# 2020

## COVID – 19 and People with an Intellectual Disability

What did we find out from Wave 4 of the  
IDS-TILDA Study?

An Accessible Report



The Intellectual Disability Supplement  
to TILDA

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The Irish Longitudinal Study on Ageing 2020





# **How did COVID-19 affect people with an intellectual disability in Ireland?**

**Findings from Wave 4 of The Intellectual Disability Supplement to The Irish Longitudinal Study on Ageing (IDS-TILDA)**

**By**

**Eimear McGlinchey, Andrew P. Allen, Darren McCausland, Philip McCallion, Retha Luus, Eilish Burke, Fidelma Flannery, Fintan Sheerin and Mary McCarron**

**December 2020**



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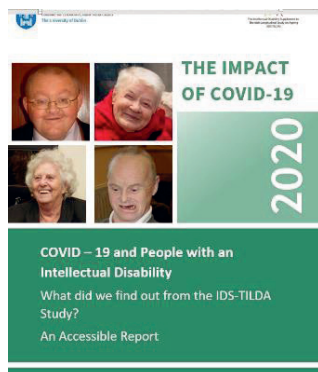
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# Message from Mary



COVID-19 had a big impact on all our lives this year



This report helps us to understand how this has affected people with an intellectual disability



Thank you for all your help and support with IDS-TILDA

Best wishes,

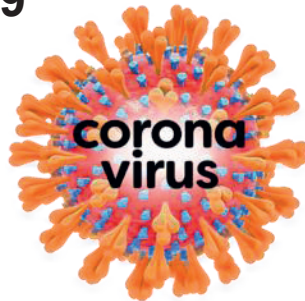


Prof Mary McCarron

*Prof. Mary McCarron*

# Some words we use in this report

## COVID-19



COVID-19 is a virus that can make people sick

## Lockdown



Lockdown means that everyone was asked to stay in their homes and stop doing their usual activities

## Self-isolation



Self-isolation means staying away from other people

This means staying in your room

## Symptom



A symptom is a feeling of not being well – like a fever, cough or headache

# What % of people

When we say '**Hardly any**' we mean **1-4% of people**

When we say '**Very few**' we mean **5-9% 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 '**A lot**' 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

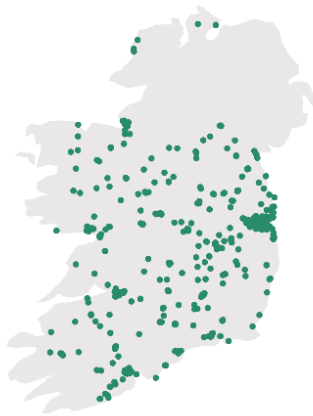


IDS-TILDA is a study that helps us to understand what it's like to grow older in Ireland with an intellectual disability



We ask people questions about:

- Their health
- Their friends and family
- Their mental health
- What services they use
- Where they live



In 2020, we also asked people questions about COVID-19

We wanted to find out how COVID-19 affected people's lives



710 people with an intellectual disability from all over Ireland answered these questions about COVID-19

# COVID-19



This report is about COVID-19



We all had to change the way we do things because of COVID-19



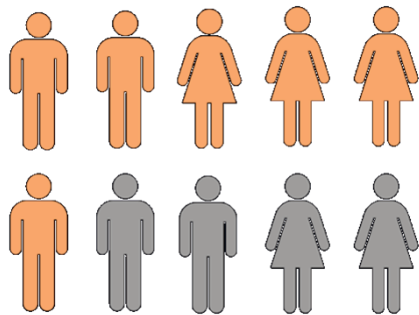
In IDS-TILDA we could not meet all of our participants face to face

We talked to some people using a phone or a computer instead

## What did we find?



**443 people** had a test for COVID-19



This means that about 6 out of 10 people we asked had a COVID-19 test



**71 people** felt unwell with symptoms that were like COVID-19



**Only 11 people** tested positive for COVID-19



This means that about **3 out of 100 people** with an intellectual disability had COVID-19

## People who had COVID-19



We asked the **11 people who had COVID-19** questions about their experience



**7 people who had COVID-19** had symptoms

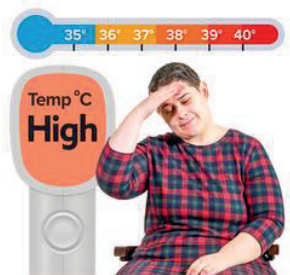


**4 people who had COVID-19** didn't have any symptoms

The most common symptoms people with COVID-19 in the IDS-TILDA study had were:



Tiredness



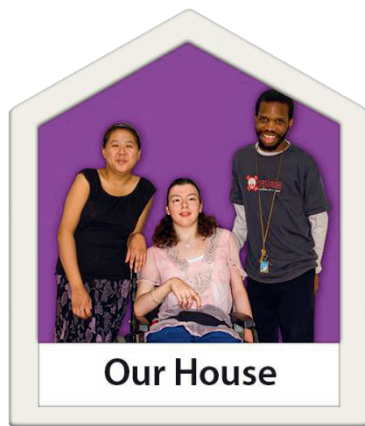
Fever



Cough



Nobody in the IDS-TILDA study died of COVID-19



Nearly everyone who had COVID-19 lived in a group home or campus setting



Most people who had symptoms of COVID-19 had a plan in place to self-isolate



**2 out of 3 people with symptoms** of COVID-19 were able to follow the guidelines



# Stress or Anxiety because of the COVID-19 pandemic



More than half of the people we asked said that they felt stress or anxiety because of the COVID-19 pandemic

**383 people** said this

Reasons people felt stress were:



- Not being able to do usual activities
- Not seeing friends or family
- Loneliness
- Scared about getting COVID-19



People who lived with family or independently or in a community group home were more stressed than people who lived in a residential setting



The thing that made people most stressed was:

- Not being able to do usual activities



Most people who lived independently or with family were also stressed about:

- Not seeing friends



A lot of people who lived in a community group home were also stressed about:

- Not seeing family



# Good things about COVID-19



**More than half the people** said there were some good things about lockdown

Some good things were:



Trying new activities



More time for rest



Better relations with staff



Using technology to communicate

# People with Down syndrome



There were **139 people with Down syndrome** in IDS-TILDA

**69 people** with Down syndrome had a COVID-19 test



**13 people** with Down syndrome felt unwell with symptoms that were like COVID-19

**2 people** with Down syndrome had to go to hospital because of symptoms that were like COVID-19



Nobody with Down syndrome tested positive for COVID-19

# The Main Points



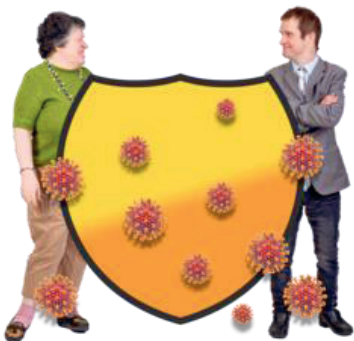
Hardly anyone with an intellectual disability in Ireland had COVID-19



Hardly anyone with an intellectual disability had to go to hospital because of COVID-19



No one from the study died because of COVID-19



The plans for managing COVID-19 in intellectual disability services worked well



A lot of people felt stress or anxiety because of COVID-19



People also thought some of the changes were good

## Remember



The best way to stay safe from COVID-19 is to:

Follow public health guidelines







