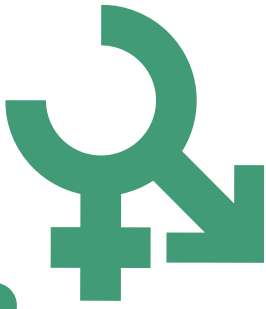


682

participants



368 females (54%)
314 males (46%)

Level of intellectual disability

189

mild intellectual disability (30%)

269

moderate intellectual disability (42%)

177

severe-profound intellectual disability (28%)



Age

129

aged 40-49 years (19%)

380

aged 50-64 years (56%)

173

aged 65+ years (25%)



Residence type

- 119 Independent/family (18%)
- 337 Community group home (50%)
- 219 Residential care (32%)



Cause of intellectual disability

- 125 Down syndrome (21%)
- 557 Other/unknown (79%)

High rate of chronic health conditions

- 67% Overweight/obese
- 51% Cardiovascular disease history





COVID-19 testing, symptoms and outcomes

- 517 participants were tested for COVID-19 (76%)
- 63 tested positive for COVID-19 (12%)
 - Residential care 14.1%
 - Community group homes 12.8%
 - Independent/family 2%
- 124 had COVID-19 like symptoms (18%) – cough and fever were most common
- 13 people were hospitalised
- 3 deaths of IDS-TILDA Wave 4 participants with COVID-19 (COVID-19 not confirmed as cause of death)

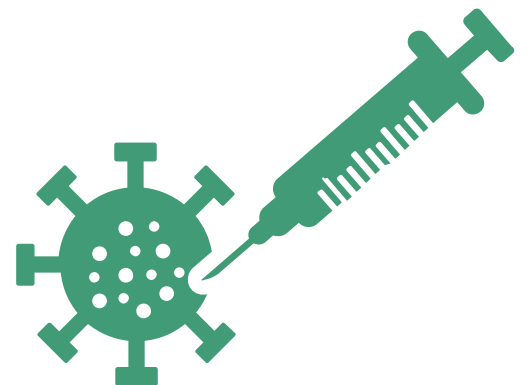
“Really missed going out and about, helping with the shopping and having meals out. It was a difficult time being confined to the house”



“Before the lockdown, I was planning my new independent life. I proposed to my boyfriend and he said yes. I was going to [name] day services and meeting him there every day. Then lockdown started, I couldn't see my boyfriend in a very long time and I couldn't go to [day service name].”

Vaccines and health behaviours

- 675 participants received a COVID-19 vaccine (99%)
- 202 reported side effects from the vaccine (30%)
- For 9 out of 10 participants, minor side-effects lasted less than 48 hours
- Just over half (56%) found the government vaccine guidelines easy to understand, but 44% found it difficult to understand.
- 73 participants (11%) moved from their home during the pandemic – most often to isolate
- Almost all (99%) who had symptoms or tested positive had a plan to manage self-isolation
- Most participants followed infection control behaviours, like social distancing and wearing a mask, often or always.





Contact with family and friends

- 9 in 10 participants had less face-to-face contact with family
- Over half of participants had increased contact with family using technology
- 8 in 10 participants had less face-to-face contact with friends
- Half of participants had increased contact with friends using technology



“I would ask the government to change the way the vaccine is rolled out so the day services could open. I am away from my family and friends and it drives me mad. I only see them online. I'm really annoyed about not being able to work. I am focusing my new hobbies.”

“It's been alright. I'm very content and we did loads of fun things in the house – I played my accordion a lot, we did the Jerusalem dance challenge, the Easter bunny visited . . . I'm a very positive person.”



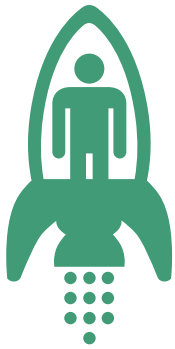
Health changes and service utilisation

- Most participants reported changes in their health during the pandemic
- 397 spent more time sitting down or being sedentary (58%)
- 366 did less physical activity or exercise (54%)
- 114 missed their annual health check (19%)
- 130 had a medical test/screening cancelled (20%)



Mental health and well-being

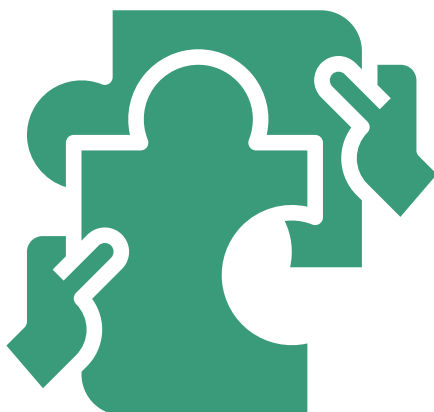
- 473 participants reported some stress or anxiety due to COVID-19 (69%)
- 154 self-reporting participants (56%) said they felt lonely during the pandemic.
- Most participants experienced a significant life event during the pandemic – the most stressful being: a major illness/injury, death of a sibling, and death of a parent
- 142 participants know someone who died during the pandemic (21%)
- Almost 9 in 10 reported positive experiences during the pandemic – most commonly: engaging in new activities, more rest/relaxation, more/better time with staff, and using technology to communicate.



“Have to take it one day at a time. It was very hard but that's life and you just have to get on with.”



“I miss going home at weekends but now I can go home after the virus. I did lots of activities during COVID, writing, colouring, dancing, playing basketball & swing ball. It wasn't a bad time because I had my friends around and I had the support of staff.”



Social and community participation

- 572 were unable to do enjoyable activities or hobbies (84%)
- 474 had reduced work or day service hours (70%)