



Advancing Years, Different Challenges: Wave 2 IDS-TILDA

Findings on the ageing of people with an Intellectual Disability

An Accessible Report

The Intellectual Disability Supplement to TILDA

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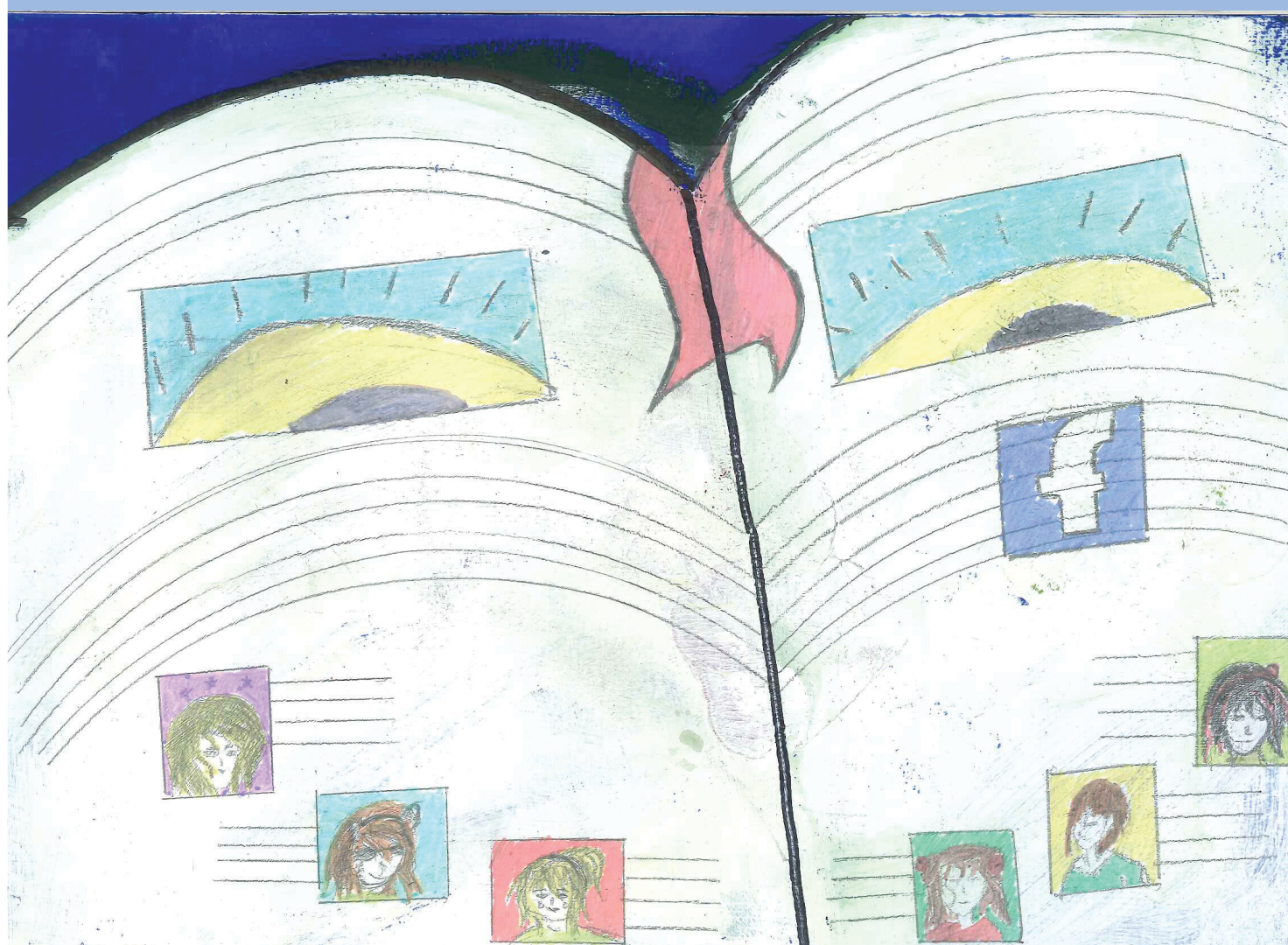
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Findings on the ageing of people with an Intellectual Disability

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'Facebook'
Keith Giles



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People We Would Like to Thank

We would like to thank the people who helped us with the study:

- The Scientific Advisory Committee
- STEPS Advocacy Group
- SEASAMH Advocacy Group
- National Federation of Voluntary Bodies
- Inclusion Ireland
- The Health Research Board
- The Department of Health and Children
- Lorraine Keating
- Prof Rose Anne Kenny and the TILDA team
- The field researchers
- Madeline Smyth
- Everyone who submitted artwork for the accessible report
- Participants, their families and support workers



Explaining the Terms

%	Term Used
0-9	Hardly any / very few
10-19	A few
20-39	Some
40-49	Just under half
50	Half
51-59	Just over half
60-79	A lot
80-89	Most
90+	Nearly all/nearly everyone



'Friends keep you healthy & happy'
Jessica Woods

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Introduction

The IDS-TILDA study is about the lives of people with an intellectual disability in Ireland as they grow older. It includes people from all parts of the country who are aged over 40 years.

The main aim of the study is to collect information about people's home, their health, their family and friends, their work, their social life and many other things that are important to them.

We are collecting this information so we can understand what is important for people with an intellectual disability as they grow older.

This is our second report. We call this Wave 2 of the study. We spoke to the same people who took part in the first Wave. We asked them the same questions and some new questions.

We also asked people to do some health measures like blood pressure. This was called the Health Fair.



Collaborative painting
'Book Shelf'

David McKenna
Stephen Conway
Robert O'Brien

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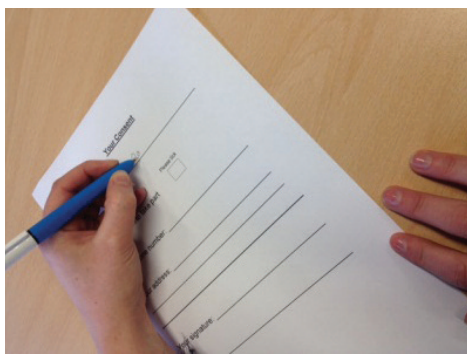
Doing the Interview



Since 2010 we kept in touch with everybody by sending Christmas and Easter cards. We also sent newsletters to let you know what we were doing.



We hired researchers from all over the country. They had worked with people with intellectual disability before.



We asked all of the people who were involved in Wave 1 to take part again in Wave 2.



Nearly everyone agreed to take part and completed the full interview for the second time in 2013.



We carried out the interview in the same way as Wave 1. People told us they enjoyed doing the interview.



Sadly, 34 people had died since their first interview.



FRIENDS + FAMILY



'Family and Friends'
Eabha O'Donoghue

3 Family, Community and Getting Involved

Family Connections



Most people had brothers or sisters, and over half had nieces or nephews.



Nearly everyone was single. Hardly anyone had children of their own.



Most of the people we talked to did not live near their families.



About half of people see their family every month. Nearly half talk to their family on the phone every month.

Friends



Just over half of people told us they had friends outside their own home.



A lot of people saw their friends every week but not many spoke to their friends on the phone.



People usually did social activities with staff, friends who they lived with, and their family.



A few people said they help their neighbours, friends and family.

Everyone who gave help said they were happy to help.

Moving House



120 people said they had moved home in the last 3 years.



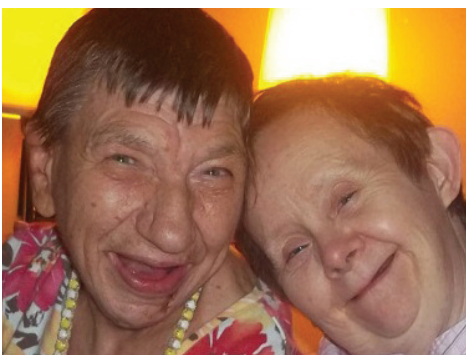
Over half of the people who moved went to a similar type of home.



The service usually made the decision for people to move.



Most people were not involved in choosing where they moved to.



But most people who moved said they were happy with their new home.

Social Inclusion



A lot of people told us again that they sometimes feel lonely.

Some people also said that they sometimes feel left out.



Most people said they had someone that they could talk to privately.

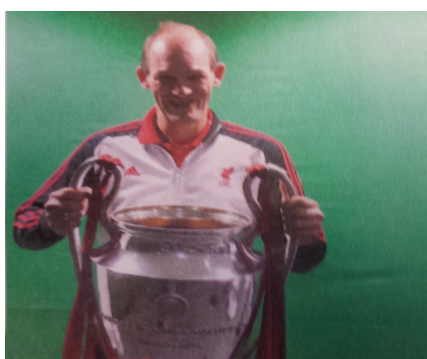
Social Activities



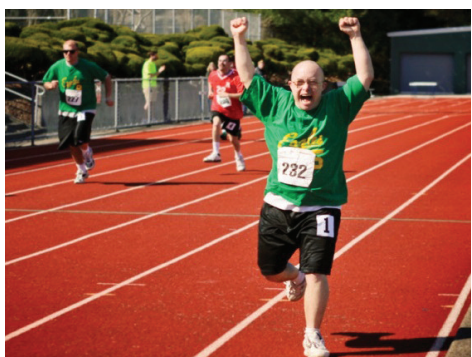
Nearly all of the people we talked to said they did some kind of social activity.



The most popular social activities people did were going out for something to eat or for coffee, and going shopping.



Just under half were members of a club or voluntary organisation.



The Special Olympics was again the most popular club for people who talked to us.

Difficulties Getting Involved



Just over half of the people we talked to had some difficulty getting outside their home for social activities.



The biggest problem for people was that they needed help from other people to get out and about.



Some people said they had difficulty travelling around their community.

Work and Day Services



Very few people were working in a paid job



Most people went to a day service. In the day service they did activities such as arts, crafts and music.



Most people said they got to choose the activities they did in their day service.



Nearly everybody said they really enjoyed their day service.

Lifelong Learning



Most of the people we talked to were not involved in any education or training courses.

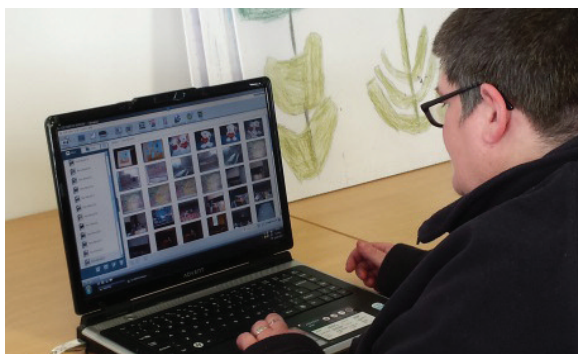


Reading, writing and computers were the courses people wanted to do most.



Most people had some difficulty with reading, writing, numbers and money.

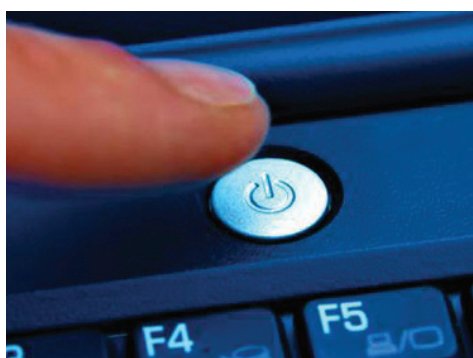
Using Technology



Some people said they used the internet.



Very few people were able to send a text message on a mobile phone.



Most people said that they could not turn on a computer at all. Only a few people could do this without help.





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Lifestyle, Health and Well-Being

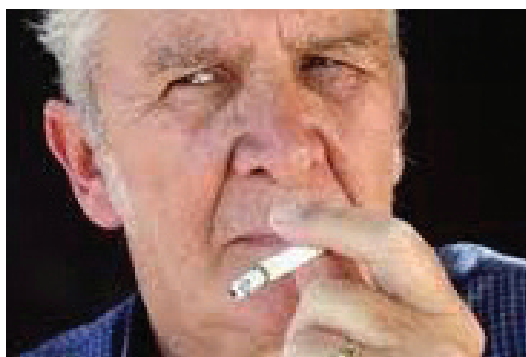
Lifestyle Behaviour



Nearly half of people said that they thought their health was excellent or very good.



Very few people drank alcohol, fewer than Wave 1.

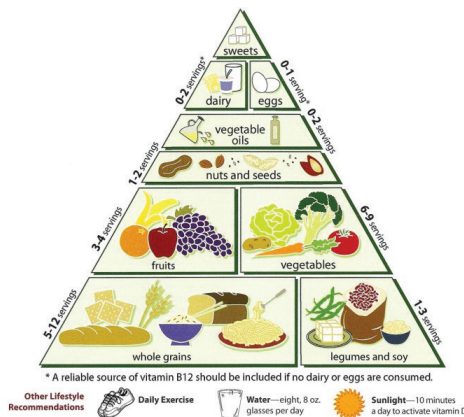


Very few people smoked. Fewer people smoked than in Wave 1.



Overweight and obesity continues to be a problem.

People said they eat a healthy diet, but very few ate the right amount of fruit every day.



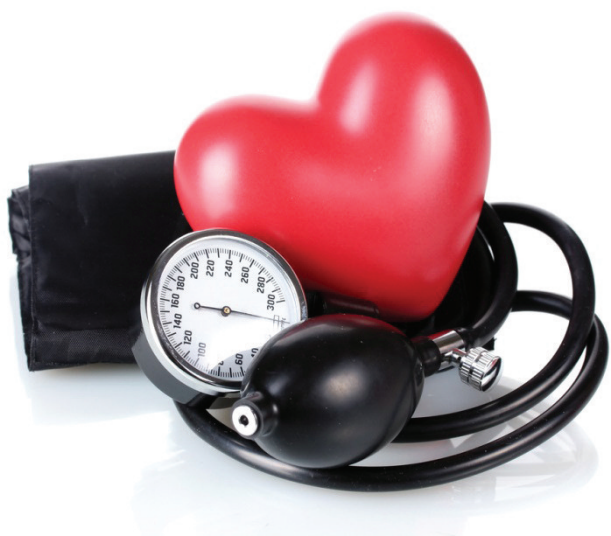
Some people did not eat enough bread.

Some people did not eat enough dairy, like milk or cheese



Just over half of the people sometimes ate fast food, like burgers and chips.

Physical Health



A few people had high blood pressure.

Very few people had a heart attack.



Compared to Wave 1 a lot more people said that their doctor had told them they had bone disease.



When bone health was measured in the Health Fair a lot of people had poor bone health.



More than half of the people in the study thought that their weight was normal.



When their weight was measured over two thirds of people were overweight or obese.



Hardly anyone did a high level of exercise like running, swimming or rowing.



More people had eye disease this time.

Cataracts were a big problem for a lot of people.



Nearly half of those over 65 had very bad constipation.



More people than last time told us they had epilepsy.

Use of Health Services



Nearly everybody we talked to visited their doctor in the last year.



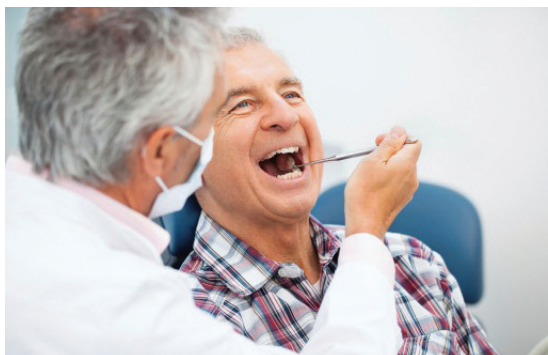
Nearly everyone had received the flu vaccine.



A lot of men and women had been screened for cancer.



More than half of people said they used the chiropodist and pharmacist.

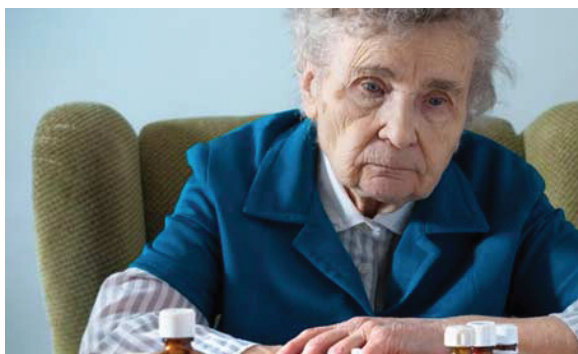


A lot of people also used services such as their dentist, optician and mental health services.



A lot of people moved homes because they needed more specialised care.

People's Emotional Health



A lot of people were told by their doctor that they had an emotional health problem, like depression and anxiety.



More people had an emotional health problem than when we asked 3 years before.

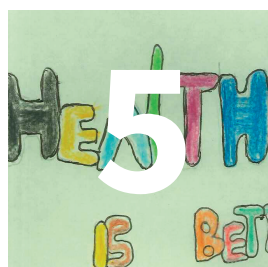


Staff had changed for a lot of people in the past year and some people had a change of key worker since the last time we asked them.





'Keeping your
heart healthy'
Ryan Hassett



Health Fair

Doing the Health Assessments



People were also asked if they would take part in a health assessment with Eilish.

She called it a Health Fair. Nearly all the people invited took part.



Eilish measured people's blood pressure, their height and weight, their waist size and how strong their grip was.



She also did a walking assessment with them and measured how strong their bones were.



'Reading & Writing'
Joe Cornally

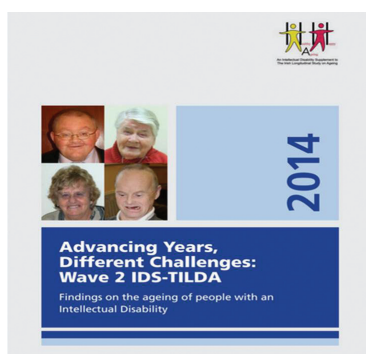


What Happens Next?

thank you



We want to say a very big thank you to all of the people who took part in the study and to the family and staff who supported you.



The study would not be possible without your help.



We really enjoyed travelling around the country to meet you all, and we will be doing the study again. This will be called Wave 3.



We have told the government about the results. With your help we are making a difference.



We hope to meet you again in 2016.

Contact Us



If you have any questions you can

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