



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



## **Health, Wellbeing and Social Inclusion: Ageing with an Intellectual Disability in Ireland**

Evidence from the First Ten Years of The  
Intellectual Disability Supplement to The Irish  
Longitudinal Study on Ageing (IDS-TILDA)

An Accessible Report



## The Intellectual Disability Supplement to TILDA

School of Nursing and Midwifery  
The University of Dublin, Trinity College  
2 Clare Street  
Dublin 2  
Ireland

Tel +353 8963187/ +353 8963186

Email: [idstilda@tcd.ie](mailto:idstilda@tcd.ie)

Website: [www.idstilda.tcd.ie](http://www.idstilda.tcd.ie)

Citation: Burke, E., McGlinchey, E., Haigh, M., Carroll, R., O'Donovan, M., McCausland, D., O'Dwyer, M., Mac Giolla Phadraig C., Mulryan, N., McCallion, P., McCarron, M. (2017).

Health, Wellbeing and Social Inclusion: Ageing with an Intellectual Disability in Ireland: Evidence from the First Ten Years of The Intellectual Disability Supplement to The Irish Longitudinal Study on Ageing (IDS-TILDA) Wave 3 IDS-TILDA

# **Health, Wellbeing and Social Inclusion: Ageing with an Intellectual Disability in Ireland**

Evidence from the First Ten Years of The Intellectual  
Disability Supplement to The Irish Longitudinal Study  
on Ageing (IDS-TILDA) Wave 3 IDS-TILDA

**An Accessible Report**



# Contents

1. Message from Mary	1
2. Introduction	3
3. Moving Home	7
4. Physical and Emotional Health	9
5. Social Wellbeing	17
6. The Trinity Centre for Ageing and Intellectual Disability	21
7. What happens next	23
8. Contact us	25



# 1

## Message from Mary



We celebrated 10 years of IDS-TILDA in 2017.



This was a great occasion and many of you celebrated with us.

thank you



Thank you for all your support over the years.

It has helped us to begin to understand more about the lives of people with an ID in Ireland.



Best Regards

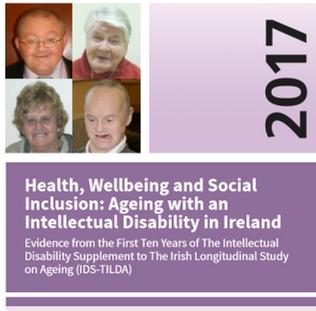
*Prof. Mary McCarron.*

Prof. Mary McCarron  
Principal Investigator  
IDS-TILDA



# 2

## Introduction



Welcome to the third report from the IDS-TILDA study.



As we celebrate 10 years of the IDS-TILDA study, the data is helping us understand what is important in the lives of people with an intellectual disability as they grow older.



The information given by people is helping service providers and policy makers also understand what is important for people with an intellectual disability.

## Thank you from the IDS-TILDA Team

We would like to thank everyone who helped us with the study.

- All the participants, their families and support workers
- The Advocacy Review groups
- The Service Providers
- The Scientific Advisory Board and Steering Committee
- The Health Research Board
- The Department of Health
- The National Federation of Voluntary Bodies
- Down syndrome Ireland
- Inclusion Ireland
- Ms Lorraine Keating
- Prof. Rose Anne Kenny and the TILDA team
- All the IDS-TILDA field researchers
- All contributors to the study

## 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	A lot
60-79	Most
80-89	Nearly all/nearly everyone

## Taking part in the study



We asked people to take part again in the study.



609 people took part from all around the country. This is a great success.



There were some new questions about friends, emotional health and where people lived.



Sadly, most of those who did not take part had died.

# 3

## Moving Home



We asked people if they had moved house since their last interview.



We found out that 167 people had moved home since Wave 2.



The main reason why people moved was because their health had changed.



Most people were happy with their move.



# 4

## Physical and Emotional Health

### Physical Health



People told us that overall they were in good health.



But there was an increase overall in health conditions since we asked people 10 years ago.



Poor bone health was higher than the last time we asked people.

But still lower than when we measured it in the Health Fair.



Poor bone health puts people at risk of breaking their bones.



A lot of people suffer from constipation.



This has become a bigger problem than when we asked in Wave 1 or Wave 2 of the study.



We measured people's weight and waist.

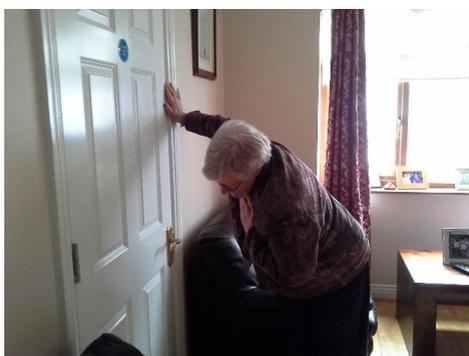


Overall people's weight and waist line has increased.

Most people were overweight or obese.



But, a lot of people thought they were just the right weight.



This is very worrying because it puts people at risk of diabetes, heart disease and other health conditions.



But people still don't exercise enough.



People told us that they took a lot of tablets and this had increased over the 10 years of the study.



Most people need these tablets.

But some should have their doctor look and see what is really needed.



People told us about their teeth health.



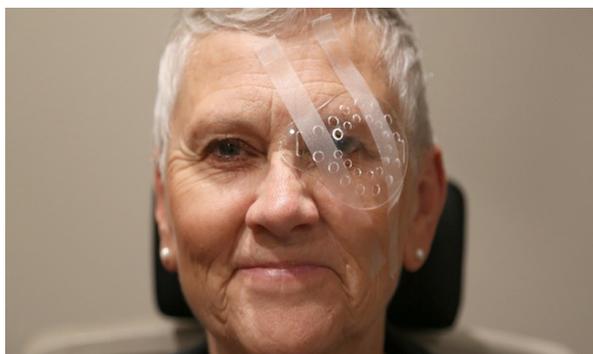
Some people told us they had no teeth.

This was more than when we asked 10 years ago.



But a lot of people said they did not have any dentures or replacements.

This is much greater than people who do not have an intellectual disability.



People told us they had a lot of problems with their eyes.

Some people said they had cataracts.



Most of these people also had Down syndrome.

## Emotional Health



Just over half of the people had a doctor's diagnosis of an emotional or mental health condition.



Depression was higher than in the general population.

Anxiety was the same as the general population.



Staff changed for a lot of people.

This caused stress for some people.



But nearly all the people were positive and said their emotional or mental health was very good.

## Health Care Utilisation



Nearly everyone visited their GP every year for a check-up.



Nearly everyone had their flu vaccine.

This was more than those in the general population.



More people visited the emergency department than the last time we asked them.



More people were checked for breast cancer and prostate cancer than the last time we asked them.

# 5

## Social Wellbeing



Fewer people lived close to their family than when we asked them before.



Young men living in the community with a mild level of ID had most family contact.



Nearly everyone had friends. A lot of these were friends they lived with.

A lot of people said that their key worker was their friend.



Most people said they felt part of their community.

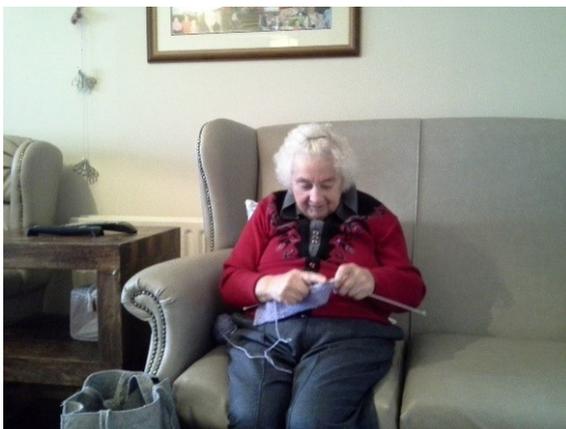


Nearly everyone needed someone else to drive them to where they wanted to go.

Some people used the bus.



Some people said that not having transport was bad for their lifestyle.



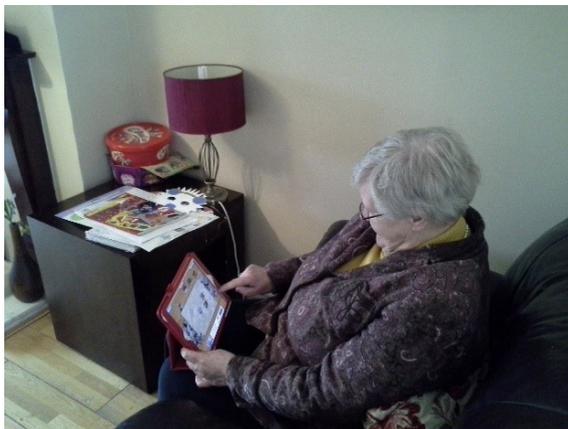
Nearly everyone said that what they did in the day service was what they wanted to do.



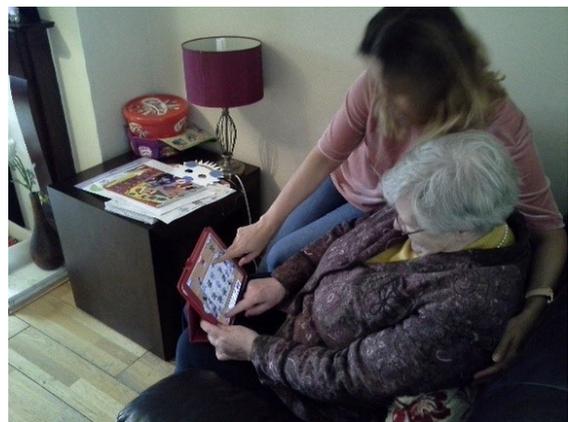
Half of the people we asked said that they didn't spend any full day at home.



Very few people stayed at home every day of the week.



Fewer people had difficulty with using a computer than the last time we asked them.



Hardly anyone could use the internet or Facebook without help.



# 6

## The Trinity Centre for Ageing and Intellectual Disability



The Trinity Centre for Ageing and Intellectual Disability started in 2017.



The Centre is a place where we now have all our research and education so people can learn more about their health and wellbeing.



[www.tcaid.tcd.ie](http://www.tcaid.tcd.ie)

We hope that many people from all over the world will visit our website so we can share what we have learned.



[tcaid@tcd.ie](mailto:tcaid@tcd.ie)

We would like to invite you to become a friend of the Centre.

Please email us.



# 7

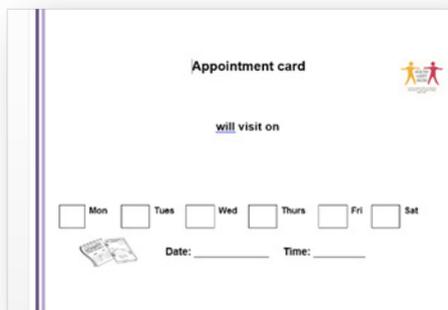
## What happens next?



We have examined a lot of the questions but have more to do.



We will give this report to the government to let them know what is important to people.



We will be in contact again in three years.

# 2019

See you all again in 2019



# 8

## Contact Us



If you have any questions to ask us please....

Phone us at,  
01-8963187

OR



Email us at,  
[idstilda@tcd.ie](mailto:idstilda@tcd.ie)

OR

Write to us at,



IDS-TILDA,  
2 Clare Street,  
Dublin 2.  
Ireland.  
D02 CK80











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

