Creativity, innovation and resilience of people with an intellectual disability in responding to COVID-19

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Dr Cathy Payne
Eileen Leonard
Frances Donnelly
Ina Harte
Mei Lin Yap
Natalya Jackson
Sarah Regan
Stephen Hogan
COVID-19 will highlight the creativity, innovation and resilience of people with an intellectual disability, their carers and family members.

- Prof Mary McCarron
3 April 2020
Policy Documents

Policy Brief: A Disability-Inclusive Response to COVID-19

Provide Accessible Information & Services

Ensure Active Involvement & Consultation

Establish Accountability Measures

@ageingwithID #ageingwithID
The IDS-TILDA Story: 2007 – Present

First nationally-representative longitudinal study on ageing with an intellectual disability comparable to the general population

Health, Well-being and Quality of Life

@ageingwithID #ageingwithID
Celebrating 10 Years of IDS-TILDA
“Nothing about us, without us”
IDS-TILDA: Values Framework
“Nothing about us, without us”
What IDS-TILDA Teaches Us
Social Participation

96.4% said that the day activity they described was what they had wanted to do.

Before COVID-19:
• Half of respondents reported they had not spent any full days at home in the previous week
• A further 17% spent just one full day at home

COVID-19:
• Most are spending the majority of time at home
### Before COVID-19: What IDS-TILDA Teaches Us

#### Social Participation

<table>
<thead>
<tr>
<th>Activity Wave 3</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Go out for coffee</td>
<td>95</td>
</tr>
<tr>
<td>Eat out</td>
<td>94.8</td>
</tr>
<tr>
<td>Go shopping</td>
<td>93.1</td>
</tr>
<tr>
<td>Go to the hairdresser</td>
<td>90.7</td>
</tr>
<tr>
<td>Go to church/place of worship</td>
<td>85.8</td>
</tr>
<tr>
<td>Engage in hobbies/creative activities</td>
<td>82.1</td>
</tr>
<tr>
<td>Visit family and friends in their home</td>
<td>80</td>
</tr>
<tr>
<td>Go to the cinema</td>
<td>72.3</td>
</tr>
<tr>
<td>Go to a theatre, concert or opera</td>
<td>69.5</td>
</tr>
<tr>
<td>Go to the pub for a drink</td>
<td>66.6</td>
</tr>
<tr>
<td>Talk to family or friends on the phone</td>
<td>64.9</td>
</tr>
<tr>
<td>Participate in sports activities/events</td>
<td>51.3</td>
</tr>
</tbody>
</table>
Before COVID-19: What IDS-TILDA Teaches Us

Physical Activity

86% of participants were sedentary or underactive (RAPA)
Technology Use & Culture Change

**TECHNOLOGY**

82%
AGE 40+

of people with an intellectual disability
DO NOT USE A COMPUTER OR TABLET

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**RUN AGAINST THE SUN**

STEWARTS CARE 150KM DAYLIGHT CHALLENGE

FRIDAY MAY 1ST 2020
STEWARTS CARE MAIN CAMPUS
DISTANCE: 150KM

TO SUPPORT OUR RUNNERS FOR THIS CHALLENGE YOU CAN DONATE ON THE STEWARTS CARE GO FUND ME PAGE BELOW:

https://www.gofundme.com/manage/run-against-the-sun/donations
After COVID-19
Technology Use
Before COVID-19: What IDS-TILDA Teaches Us
Social Connectedness

- **92.4%** had friends
- **57.3%** having a friend outside their home
- **52.3%** reported having a best friend

For those with friends outside the home:
- **77.5%** reported weekly contact
- **10.9%** reported monthly contact
Call for Submissions: Creativity, Innovation & Resilience
What’s happening in Ireland?

Trinity Centre for Ageing and Intellectual Disability

Open Call for Submissions: Creativity & Innovation During COVID-19
Webinar & Exhibition
Call for Submissions: Creativity, Innovation & Resilience
Ireland’s Intellectual Disability Community
Pause & Reflect on How We’re Living
Now is the Time

WHAT SHOULD WE KEEP DOING?

WHAT SHOULD WE START DOING?

WHAT SHOULD WE STOP DOING?
What I’m Going to Do When
The Virus is Gone

- Visit Edel and Seanie
- Go to the cinema
- Have a good Corona Virus Party
- Go for a drive
- Go shopping
- Visit Teresa
- Go for a coffee
- Go for Mass
- Go home
- Go to a cheese music concert
- Go to swimming
- Go for a meal
- Go to a tea garden
- Go to work
- Buy presents for everyone
- Go to confession
- Go to Mass
- Go to Communion
Poetry & Artwork
Remembering Those Who Inspired Us – Bobbi (1996)
‘Don’t give up’
By Lisa Acheson

Find your inner balance,
In these difficult strange times we are presented with.

Be humble and kind...
Be kind towards people,
You see and you don’t see everyday.

Normalise your day to day life
With familiarity that you do everyday,
Even though it’s indoors at the moment.

Be safe...

Don’t be insecure,
About the future,
Because we are in this this together,
Even though you don’t think so.

Find your inner strength
Because We can be heroes.

From this moment on,
To make people smile or laugh,
Who are vulnerable to this sickening virus.

Be humble and kind,
Be safe and sound,
Please know that we are all in this together...
COVID-19: Creativity & Innovation on Website

https://www.tcd.ie/tcaid/about/callforcreativity.php
Get Wise To Your Health
Ongoing “Get Connected, Stay Connected” Campaign

@GetHealthWiseID
I wake up in the morning Beautiful Blue Sky’s But am Lonely.
I am Sitting in my Kitchen having breakfast but am missing you
Every Day I go on my Beautiful walk but Nannie ‘Where are you?’
Every Day the Bus Passes. Going nowhere I can go.
I am with my loved ones but missing my lover.
in time lockdown and isolation will be gone and I will be with you again.
Acknowledgements

Thank you

Ability West
Athru
Ballaghaderreen
Brothers of Charity
Brothers of Charity Castlerea
Brothers of Charity Ennis
Brothers of Charity Galway
Brothers of Charity Kidron
Brothers of Charity Lurgan Park
Brothers of Charity Midwest
Brothers of Charity Roscommon
Brothers of Charity The Crucible
Brothers of Charity The Willows
Coaction
COPE Foundation
COPE Foundation Clonakilty
Cumas
Daughters of Charity
Down syndrome Ireland
Ennis Advocacy
Gheel Autism
IDRS
Kerry Parents and Friends
KPFA
Muiriosa Foundation Moore Abbey
Peamount
Prosper Fingal
St Christopher’s Longford
St Cronan’s Birr
St Michael’s House
St Patrick’s Kilkenny
St. Cronan’s Services
St. Hilda’s
Stewarts Care
Sunbeam House Services
Swinford Mayo
Acknowledgements

Thank you

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Thank you

Sarah Bowman
Gavin Dann
Holly Dennehy
Michael Foley
Dr Eimear McGlinchey
All Ireland Institute of Hospice and Palliative Care Team
Trinity Centre for Ageing and Intellectual Disability Team
Questions & Answers
Today’s Moderators & Panel

• Professor Mary McCarron
• Dr Cathy Payne
• Eileen Leonard
• Frances Donnelly
• Ina Harte
• Mei Lin Yap
• Natalya Jackson
• Sarah Regan
• Stephen Hogan
Thank You