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The 'Get Wise' project is a European project funded by EIT Health. The project partners include Erasmus MC from the Netherlands. Guided by the mission of the project to promote empowerment through knowledge, the programme will target specific health disparities identified among individuals with intellectual disabilities (ID) to deliver health education on an innovative online platform in an accessible easy-read manner for people with ID. As people with ID face unique challenges in staying healthy, Get Wise aims to promote knowledge and confidence among individuals with ID, enabling them to manage their own health. Providing accessible health education will promote health awareness and ultimately improve health outcomes for individuals with ID. The course is aimed at individuals with intellectual disability to learn more about keeping healthy. It is anticipated that individuals with ID will be better prepared for engaging with healthcare professionals, have increased confidence in communicating with these healthcare professionals and have more knowledge about how to stay healthy. The course can be accessed at: <https://www.getwiseid.eu/#/>

RESPONSES TO COVID-19

As with many other research projects COVID-19 impacted on our initial data collection plans. With social distancing restrictions, focus groups were no longer feasible and access to our advocacy groups was totally restricted. In collaboration with service providers the team moved quickly from in-person meetings, to online meeting platforms. This would be a novel and unique way of interviewing individuals with intellectual disability who heretofore would not have had the opportunity for much of this type of interaction. This has proved very successful, with participants providing a wealth of rich material and positively engaging with the research team online.

Participants have provided an insight into their experiences of attending healthcare professionals as well as their knowledge and experience of bone health, and furthermore, providing an insight into their lives throughout COVID-19 and how this has impacted their lives.

