



**Trinity College Dublin**

Coláiste na Tríonóide, Baile Átha Cliath

The University of Dublin

# Social Inclusion, Community Participation and the Social Determinants of Health – Evidence from IDS-TILDA

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# Context: Social Inclusion and the Social Determinants of Health

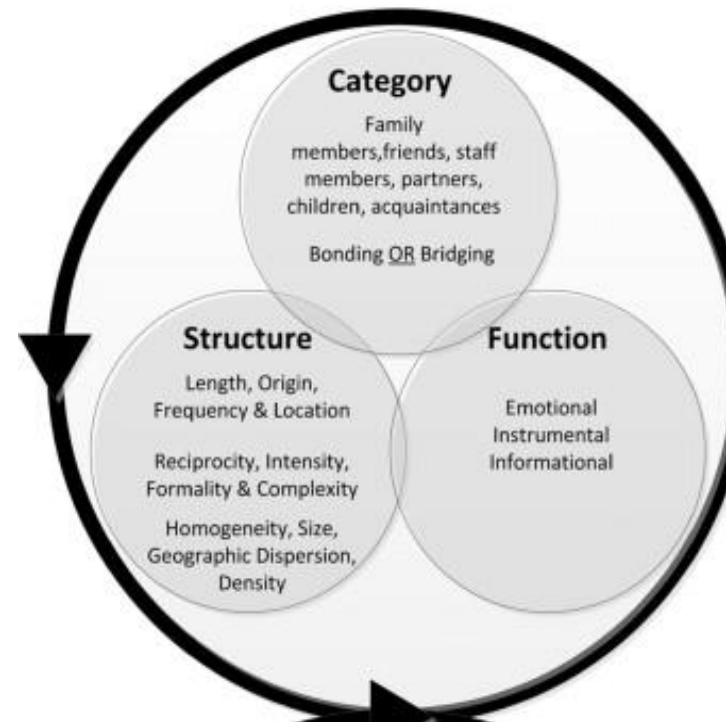


The Intellectual Disability Supplement to  
The Irish Longitudinal Study on Ageing  
(IDS-TILDA)

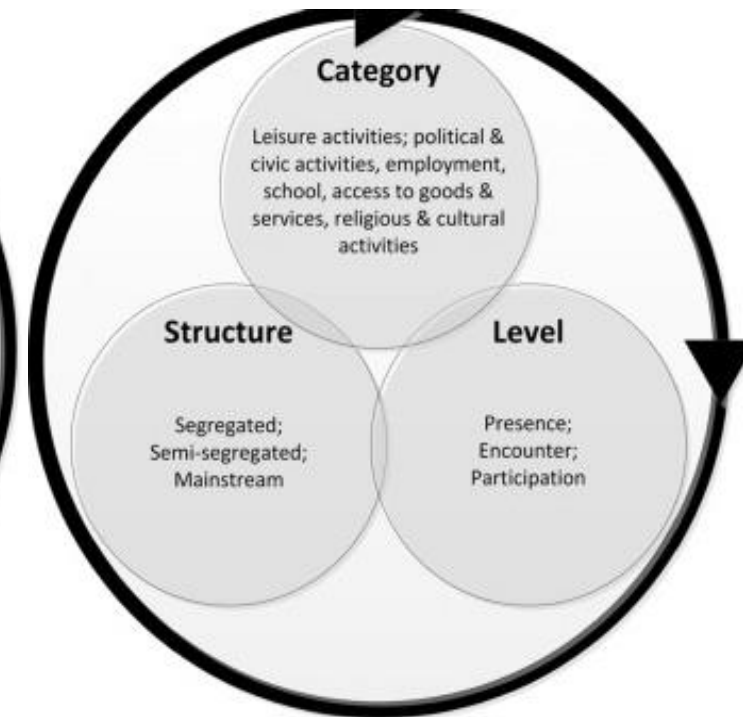


**Social Determinants of Health Model**  
Dahlgren and Whitehead (1991)

## Interpersonal Relationships



## Community Participation



**Social Inclusion Model**  
Simplican et al. (2015)

# IDS-TILDA Evidence: The Good News!



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

**Most older women with an intellectual disability are socially connected with family**

**Women aged 50-64 with an intellectual disability are more socially active and engage in their community**

**Evidence of improvements over generations –better community engagement, decreased loneliness**

# IDS-TILDA Evidence: The Good News!



The Intellectual Disability Supplement to  
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**Women living independently /  
with family with a mild/moderate  
level of intellectual  
disability had the highest level of  
personal choice in all aspects of  
daily living.**

# Positive findings from IDS-TILDA

Weekly family  
contact  
increased  
47% - 55%

81%  
confide in  
key/support  
workers

24%  
live close  
to family

38 % confide  
in sibling;  
14% in  
parents



95%  
reported  
having  
friends

63%  
had at least  
one close  
friend

Weekly  
contact with  
friends  
increased  
39% - 74%

64%  
Friend with  
an  
intellectual  
disability



# Positive findings from IDS-TILDA



The Intellectual Disability Supplement to  
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(IDS-TILDA)

**Independent  
/with family  
living**  
increased  
16% - 22%

**Help given  
to friends &  
neighbours**  
increased  
10% - 23%

**Help from  
friends &  
neighbours**  
doubled  
12% - 30%

**Regular  
community  
activities**  
increased



**Mobile  
phone  
ownership**  
increased  
24% - 47%

**Internet  
use at  
home**  
increased  
7% to 61%

**Active  
members in  
advocacy  
groups-25.8%**  
**Arts or music  
groups -24.1%**

**Coffee, eating  
out, shopping,  
and meeting  
with family and  
friends**

# Concerns & Challenges

IDS-TILDA evidence of **exclusion** of people with intellectual disabilities



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**Key differences in social networks  
vs General Population → smaller,  
less diverse networks**

**Social connection and community  
participation often depends on  
parents, siblings, and paid staff**

**Continued exclusion vs General  
Population – e.g., paid  
employment, voluntary work,  
limited key-life choice, digital  
divide (access and use)**



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# Concerns & Challenges

Men were more likely to live  
close to family than women

38% have a best friend  
living at the same house

45% have no friend outside  
the house

56.3% reported  
difficulties participating  
in social activities

Older women experience  
more challenges to  
community participation

Internet & mobile use remained low vs  
Gen Population



## Key factors associated with inclusion & participation (IDS-TILDA)

Multiple factors  
shape experiences  
of inclusion /  
exclusion

Responses to  
supporting  
inclusion must be  
individualised

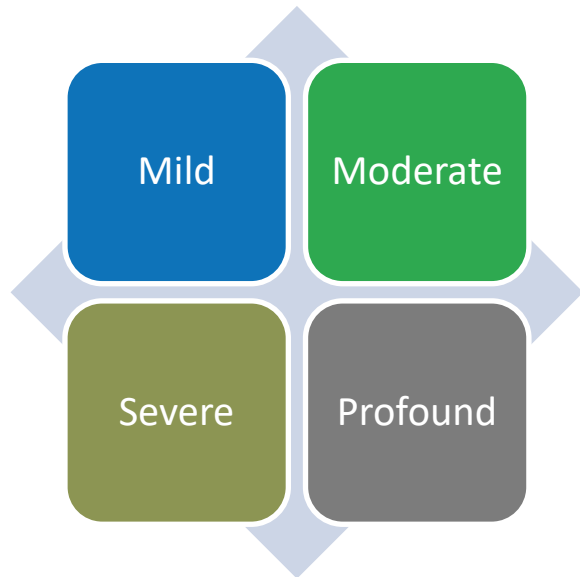
Physical Health  
Community Belonging  
Family Contact  
Gender  
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DLs  
cy  
Age  
Ho  
Considerable  
Family Proximity  
ID Level  
Challenging Behaviour  
Mental Health

# Key Factors: Modifiable?

What can you influence to improve social inclusion?



The Intellectual Disability Supplement to  
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# The Challenge

Improving social inclusion and community participation

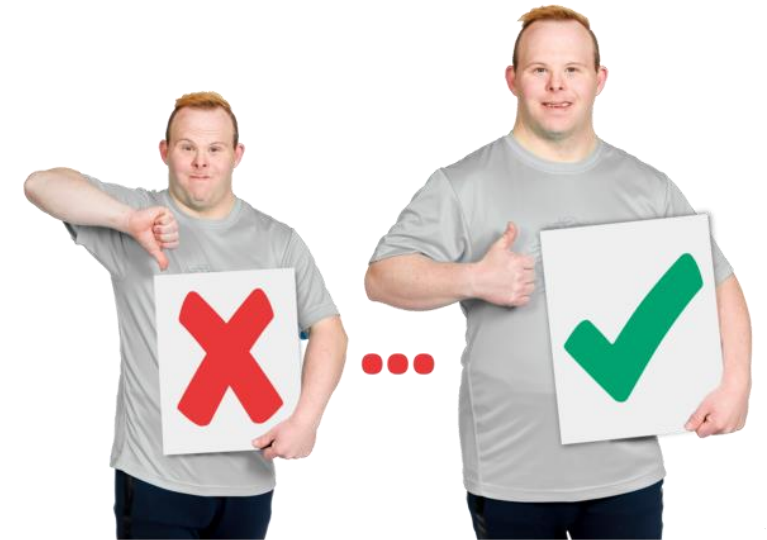


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**Inclusion & Participation is Multidimensional & Multifactorial.  
Requires an individualised person-centred approach.**

IDS-TILDA  
shows some  
positive  
patterns over  
the past 15  
years

But...  
Slow change.  
Little change  
for some





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# Thank You!

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