



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



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



THE IMPACT OF COVID-19

2020

COVID – 19 and People with an Intellectual Disability

What did we find out from Wave 4 of the
IDS-TILDA Study?

An Accessible Report

The Intellectual Disability Supplement
to TILDA

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The Irish Longitudinal Study on Ageing 2020

How did COVID-19 affect people with an intellectual disability in Ireland?

Findings from Wave 4 of The Intellectual Disability Supplement to The Irish Longitudinal Study on Ageing (IDS-TILDA)

By

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December 2020

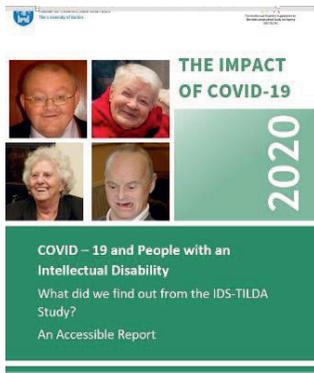
Contents

Message from Mary	1
Some words we use in the report	2
What % of people	3
Introduction	5
COVID-19	6
What did we find?	7
People who have COVID-19	8
Stress or Anxiety because of COVID-19	11
Good things about COVID-19	13
People with Down syndrome	14
The Main Points	15

Message from Mary



COVID-19 had a big impact on all our lives this year



This report helps us to understand how this has affected people with an intellectual disability



Thank you for all your help and support with IDS-TILDA

Best wishes,

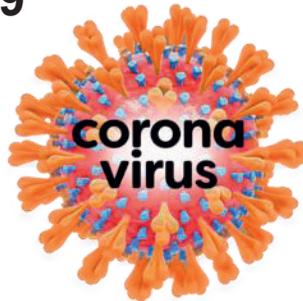


Prof Mary McCarron

Prof. Mary McCarron

Some words we use in this report

COVID-19



COVID-19 is a virus that can make people sick

Lockdown



Lockdown means that everyone was asked to stay in their homes and stop doing their usual activities

Self-isolation



Self-isolation means staying away from other people

This means staying in your room

Symptom



A symptom is a feeling of not being well – like a fever, cough or headache

What % of people

When we say '**Hardly any**' we mean **1-4% of people**

When we say '**Very few**' we mean **5-9% of people**

When we say '**A few**' we mean **10-19% of people**

When we say '**Some**' we mean **20-39% of people**

When we say '**Just under half**' we mean **40-49% of people**

When we say '**Half**' we mean **50% of people**

When we say '**A lot**' we mean **51-59% of people**

When we say '**Most**' we mean **60-79% of people**

When we say '**Nearly everyone**' we mean **80-99% of people**

Introduction



IDS-TILDA is a study that helps us to understand what it's like to grow older in Ireland with an intellectual disability

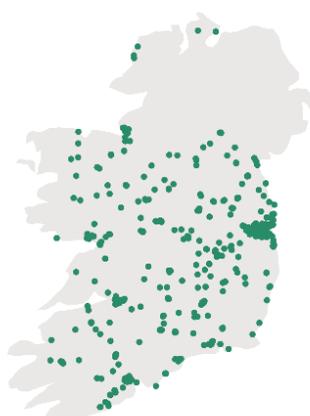
We ask people questions about:

- Their health
- Their friends and family
- Their mental health
- What services they use
- Where they live



In 2020, we also asked people questions about COVID-19

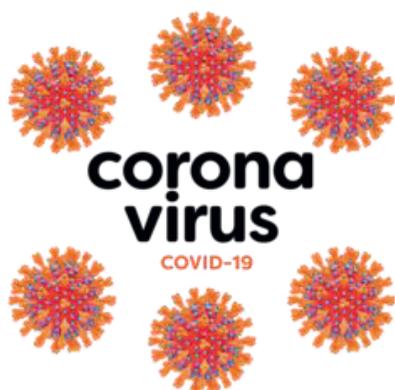
We wanted to find out how COVID-19 affected people's lives



710 people with an intellectual disability from all over Ireland answered these questions about COVID-19



COVID-19



This report is about COVID-19



We all had to change the way we do things because of COVID-19



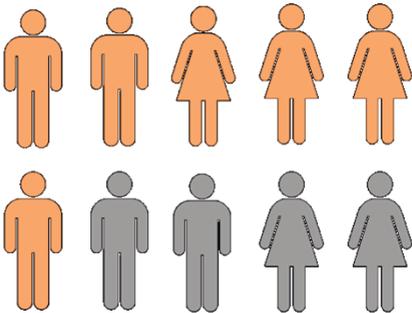
In IDS-TILDA we could not meet all of our participants face to face

We talked to some people using a phone or a computer instead

What did we find?



443 people had a test for COVID-19



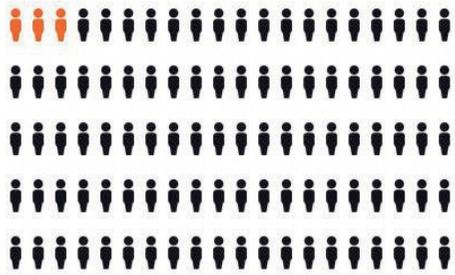
This means that about 6 out of 10 people we asked had a COVID-19 test



71 people felt unwell with symptoms that were like COVID-19



Only 11 people tested positive for COVID-19



This means that about **3 out of 100 people** with an intellectual disability had COVID-19

People who had COVID-19



We asked the **11 people who had COVID-19** questions about their experience



7 people who had COVID-19 had symptoms



4 people who had COVID-19 didn't have any symptoms

The most common symptoms people with COVID-19 in the IDS-TILDA study had were:



Tiredness



Fever



Cough



Nobody in the IDS-TILDA study died of COVID-19



Nearly everyone who had COVID-19 lived in a group home or campus setting



Most people who had symptoms of COVID-19 had a plan in place to self-isolate



2 out of 3 people with symptoms of COVID-19 were able to follow the guidelines

Stress or Anxiety because of the COVID-19 pandemic



More than half of the people we asked said that they felt stress or anxiety because of the COVID-19 pandemic

383 people said this

Reasons people felt stress were:



- Not being able to do usual activities
- Not seeing friends or family
- Loneliness
- Scared about getting COVID-19



People who lived with family or independently or in a community group home were more stressed than people who lived in a residential setting



The thing that made people most stressed was:

- Not being able to do usual activities



Most people who lived independently or with family were also stressed about:

- Not seeing friends



A lot of people who lived in a community group home were also stressed about:

- Not seeing family

Good things about COVID-19



More than half the people said there were some good things about lockdown

Some good things were:



Trying new activities



More time for rest



Better relations with staff



Using technology to communicate

People with Down syndrome



There were **139 people with Down syndrome** in IDS-TILDA

69 people with Down syndrome had a COVID-19 test



13 people with Down syndrome felt unwell with symptoms that were like COVID-19

2 people with Down syndrome had to go to hospital because of symptoms that were like COVID-19



Nobody with Down syndrome tested positive for COVID-19

The Main Points



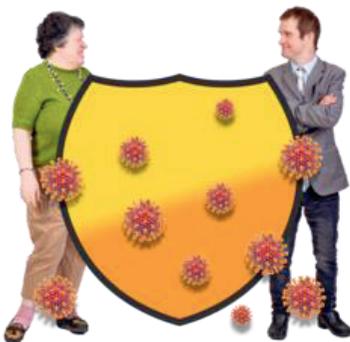
Hardly anyone with an intellectual disability in Ireland had COVID-19



Hardly anyone with an intellectual disability had to go to hospital because of COVID-19



No one from the study died because of COVID-19



The plans for managing COVID-19 in intellectual disability services worked well



A lot of people felt stress or anxiety because of COVID-19



People also thought some of the changes were good

Remember

Coronavirus COVID-19

Coronavirus COVID-19 Public Health Advice

If you have fever and/or cough you should stay at home regardless of your travel or contact history.

If you have returned from an area that is subject to travel restrictions due to COVID-19 you should restrict your movement for 14 days. Check the list of affected areas on www.dfa.ie

All people are advised to:

- Reduce social interactions
- Keep a distance of 2m between you and other people
- Do not shake hands or make close contact where possible

If you have symptoms visit hse.ie or phone HSE Live 1850 24 1850

How to Prevent

- Stop** washing hands or coughing when leaving public or crowded areas
- Distance** yourself at least 2 metres (6 feet) away from other people, especially those who might be unwell
- Wash** your hands well and often to avoid contamination

Symptoms

- Fever (High Temperature)
- A Cough
- Shortness of Breath
- Breathing Difficulties

For Daily Updates Visit www.gov.ie/health/covid-19

- Cover** your mouth and nose with a tissue or sleeve when coughing or sneezing and discard used tissue
- Avoid** touching eyes, nose, or mouth with unwashed hands
- Clean** and disinfect frequently touched objects and surfaces

Developed in partnership with public health experts in the UK, WHO and ECDC advice

HSE **Riannas na hÉireann**
Government of Ireland

The best way to stay safe from COVID-19 is to:

Follow public health guidelines



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An Roinn Sláinte
Department of Health