



MENTAL HEALTH & WELLNESS

Energy & Vitality

We asked people how energised and full of vitality they felt?

Men, younger people, people with mild ID or those living independently felt most energised. On average people with ID felt just as energised as most of the population in Ireland.



Memory

3 in 10 people with Down Syndrome reported being diagnosed with dementia by wave 2. **Over half of people with DS had their memory checked.**

Life Events

2 out of 3 had at least one life event in the previous 12 months.

1 in 3 had staff changes.

1 in 5 moved within the service.

1 in 7 changed work or day service.

1 in 4 had at least 3 life events in the previous 12 months.

