



SOCIAL ACTIVITIES

of Older People with Intellectual Disabilities.

Social activities

Less than 3% said they don't engage in any social activities.

Most popular social activities

1. Eating out (85%)
2. Going for coffee (82%)
3. Shopping (76%)
4. Going to the hairdresser (71%)
5. Going to church (62%)
6. Visit family & friends (60%)
7. Cinema, theatre or concert (59%)
8. Going to the pub (57%)
9. Talk to family/friends on the phone (47%)
10. Hobbies/creative activities (38%)



Factors influencing increased social activity

Family contact was the strongest factor in being socially active.



Other factors included

Mental and physical health; level of functioning in daily activities; and having friends outside your home.

Membership of organisations

Majority were not a member of any organisation (58%)



42% said they were a member of one or more organisations.