



**Coronavirus and People with Learning Disabilities Study**  
**What we know about Physical Health and Wellbeing**  
**September 2021**

**What is this study about?**



This study is about coronavirus (also called COVID-19) and people with learning disabilities.



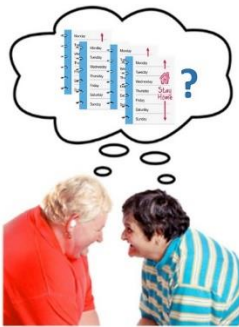
We talked to 489 adults with learning disabilities. We talked to people living in England, Wales, Scotland and Northern Ireland.



280 family carers or paid supporters of people with severe or profound multiple learning disabilities also gave us information.



This report is about what we have found in July and August 2021.



We asked people what had happened in the last 4 weeks

## Physical health of people with learning disabilities



70% of people with learning disabilities had good health



20% of people with learning disabilities told us they had a new or worse health condition

## Physical health of family carers and paid support staff



50% of family carers and paid support staff had good health



30% of family carers and paid support staff told us they had a new or worse health condition

## Wellbeing of people with learning disabilities



Most people with more severe learning disabilities were reported to have felt angry or frustrated or sad or down or worried or anxious at least **some** of the time



30% of people with profound and multiple learning disabilities were reported to have felt worried or anxious **most** of the time



Some people with learning disabilities had help from family.



Some people with learning disabilities had help from paid staff.



Few people with learning disabilities had help from professionals

## Wellbeing of family carers and paid support staff



70% of family carers and paid staff told us they were tired



60% family carers and paid staff told us they were stressed



More than 50% of family carers told us they were finding it hard to sleep

## Research team contact details

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