



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



**What is this study about?**

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



The study was done in Wales, England, Scotland and Northern Ireland.



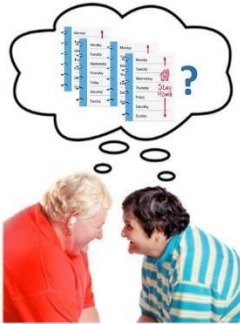
We talked to 179 adults with learning disabilities across Wales.



57 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



60% of people with learning disabilities we spoke said they had good health



10% of people with learning disabilities we spoke to did not experience good health



74% of people said that they used to have a regular health check. 38% of people with learning disabilities had had a health check in 2021.



24% of people we spoke to said they were waiting for a planned medical test. Of those who were waiting, 45% had been waiting for 6 months or more.

## Wellbeing of the people with learning disabilities



12% of the people we spoke to said that they often or always felt lonely



20% of people we spoke to said that they often or always felt worried or anxious.



14% of people we spoke to said they often or always felt sad or down



15% of people we spoke to said they often or always felt angry or frustrated

## Parent carers or paid support staff of people with severe and profound learning disabilities told us



“There is a severe decline in his behaviour. He frequently walks around shouting and rocking. Sleep patterns are completely disrupted and has frequent bouts of bad temper and frustration. An almost complete unwillingness to cooperate with carers at home.”



“He is bored and frustrated. Exhibited some violent behaviour. Forced to spend too much time with housemates he didn't choose. After some months became lethargic. Resigned to reduced life”



“Everything has changed and her mental health has suffered. She has stopped eating and now has supplements from the dietitian. She has lost almost 9 stone in a year”



“They have less contact with friends, gets bored at home and is sometimes frustrated and even grumpier. They eat more out of boredom and have put on weight”



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