



Coronavirus and People with Learning Disabilities Study

What we know about Carers in Wales

September 2021

What is this study about?



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



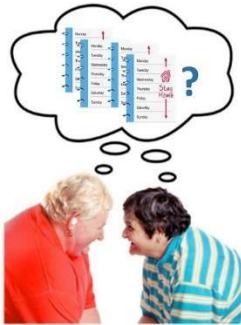
The study was done in Wales, England, Scotland and Northern Ireland.



We talked to nearly 179 adults with learning disabilities across Wales.



This report is about what we found about the experiences of 57 family and paid carers in Wales between July and August 2021



We asked people what had happened in their lives in the last 4 weeks

Health



Most family carers and paid support staff said they had good health (66%).

1 in 3 (34%) reported that their health was either fair or poor.



7 out of 10 family carers and paid support staff said that they felt stressed



8 out of 10 family carers and paid support staff said that they had been feeling tired



4 out of 10 family carers and paid support staff said that they had been feeling cross



4 out of ten family cares and paid support staff said they had felt sad and depressed

Life after lockdown

We asked people about how long they thought it would be before their lives returned to how it was before lockdown



27% were unsure when this might happen
50% said next year or longer
14% said maybe never.
9% said maybe by the end of 2021

These are some of the things people told us about



“As a family, we have worked around the clock to minimise a negative impact on our son. But we are absolutely exhausted now but as he is happy it is worth it ”



“It would be a help if the support worker turned up! ”



“ My son cannot be left at home safely alone. The main impact has been on me. All the responsibilities are on me”



“The person I support used to have four days a week, now its 2 days every 2 weeks. This means his carer has an even greater workload ”

Research team contact details



Edward Oloidi:
Email: edward.oloidi@southwales.ac.uk

