

Preliminary Results from COVID-19 Survey for Adults with IDD

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Literature Review

Adults with intellectual and developmental disabilities (IDD) are at increased risk for:

- **poor mental health outcomes** (Cooper, Smiley, Morrison, Williamson, & Allan, 2007)
- **poor employment outcomes** (Butterworth, Hiersteiner, Engler, Bershadsky, & Bradley, 2015)
- **social isolation** (Abbot & McConkey, 2006)

Increased risk *before* the COVID-19 pandemic

Literature Review

Racial and ethnic minorities are at an increased risk of getting sick and dying from COVID-19 due to systemic health and social inequities/disparities:

- **Discrimination** (e.g., racism, chronic/toxic stress)
- **Healthcare access and use** (e.g., uninsured, transportation)
- **Education, Employment, and Income** (e.g., non/essential work, paid leave)
- **Housing** (e.g., living in groups or crowded conditions, homelessness) (CDC, 2020)

Literature Review

Family caregivers have reported more negative effects than non-caregivers:

- **Social Isolation**
- **Anxiety** and/or **Depression**
- **Fatigue** and/or **Sleep Disturbance**
- **Financial Hardship** and/or **Food Insecurity**
- **Worry about getting sick or being a vector to care recipient**
- **Interrupted access to care** for self or care recipient

Literature Review

Even greater negative impacts were reported by caregivers who identify as:

- **Female**
- **Minority**
- **Younger**
- **Having less education and/or lower income**
- **Caring for persons with mental health or behavioral issues**
- **Living with the care recipient**

Literature Review

Service providers of intellectual disability or autism have reported greatly reduced capacity due to COVID-19:

- **Transportation** (80% decrease in individuals served)
- **Community Participation Supports** (68% decrease)
- **Supported Employment, Small Group Employment** (40% decrease)
- **Turn-Over Rates** (56% between April – July 2020; 31% in June 2019)

Literature Review

Barriers reported by Direct Service Providers:

- **Risk to self or household members (65%)**
- **Wages (42%)**
- **Educating Children at Home (40%)**
- **Poor Health or Higher Risk (37%)**
- **Child Care (36%)**

Literature Review

Thus, **COVID-19** may have a uniquely negative impact on individuals with **intellectual and developmental disabilities (IDD)**:

How is COVID-19 impacting the well-being of adults with IDD?

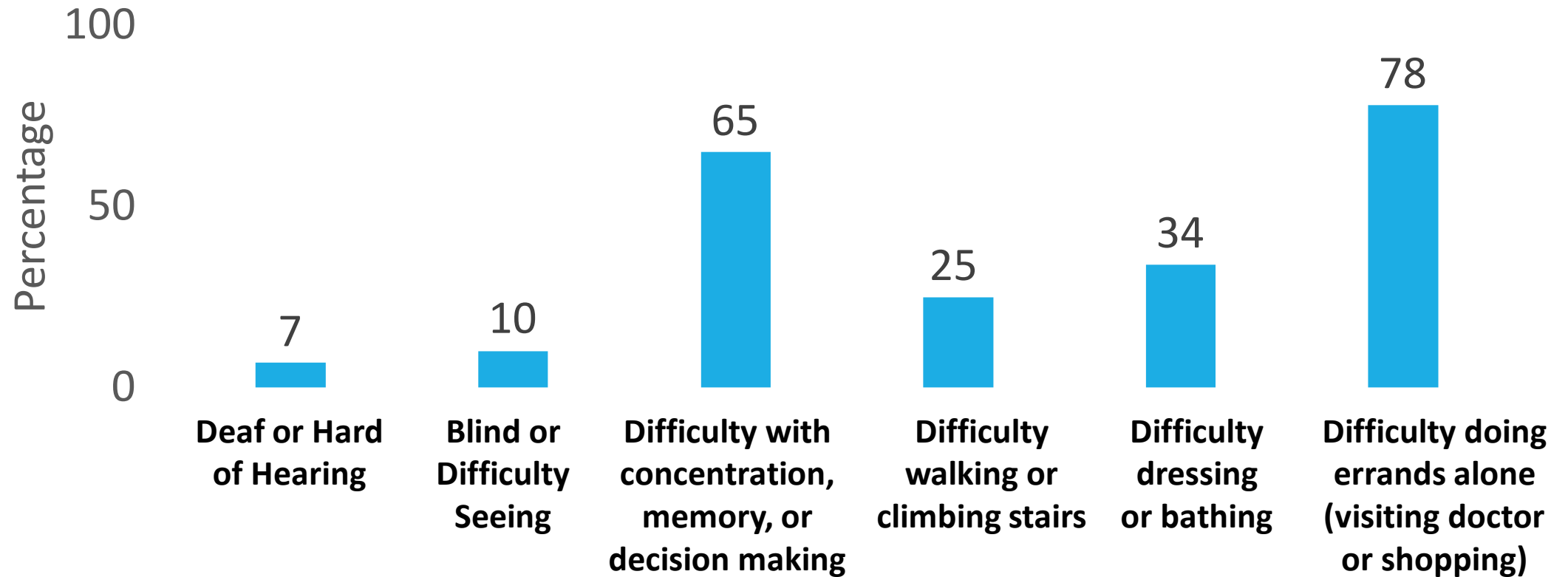
To answer this question, we designed an **online survey for adults with IDD** to complete independently or with support.

Who are our survey participants?

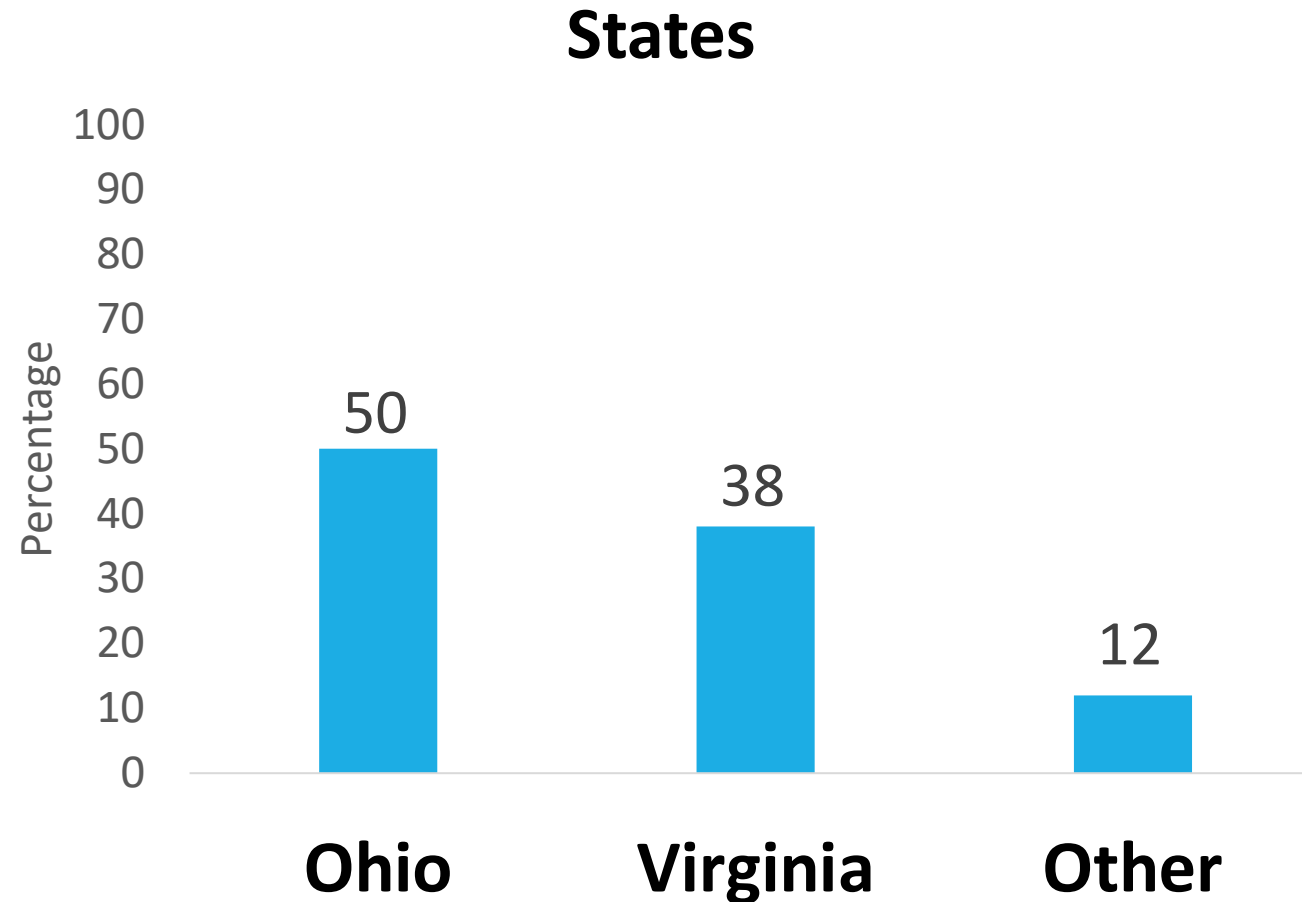
- **471 individuals** participated, but not everyone completed the survey.
- **394 individuals completed the entire survey *and* provided an email for follow-up:**
 - **49%** disclosed an intellectual disability and a developmental disability
 - **30%** disclosed a developmental disability
 - **21%** disclosed an intellectual disability
 - **61%** filled out the survey with support from a friend or family member
 - **26%** filled it out on their own
 - **13%** filled it out with support from a service provider or health professional

Who are our survey participants?

Types of Disabilities/Difficulties

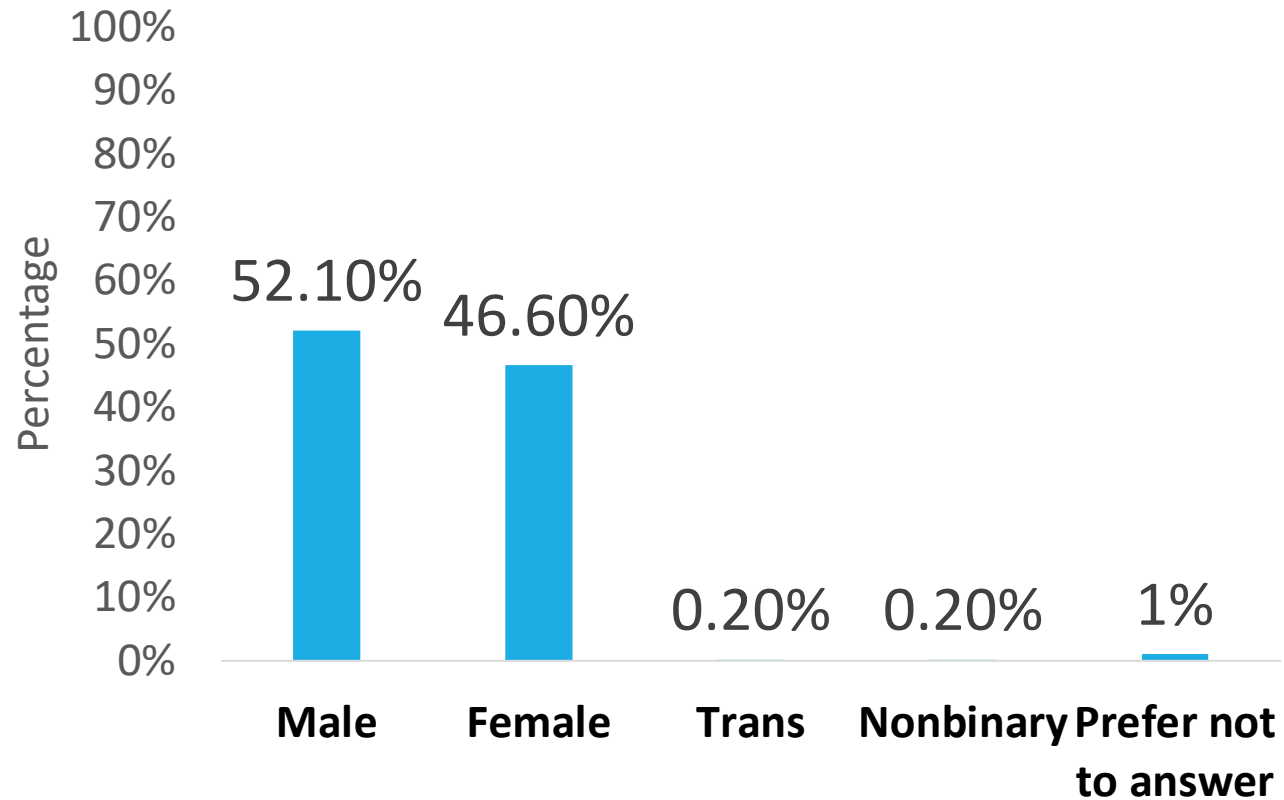


Who are our survey participants?

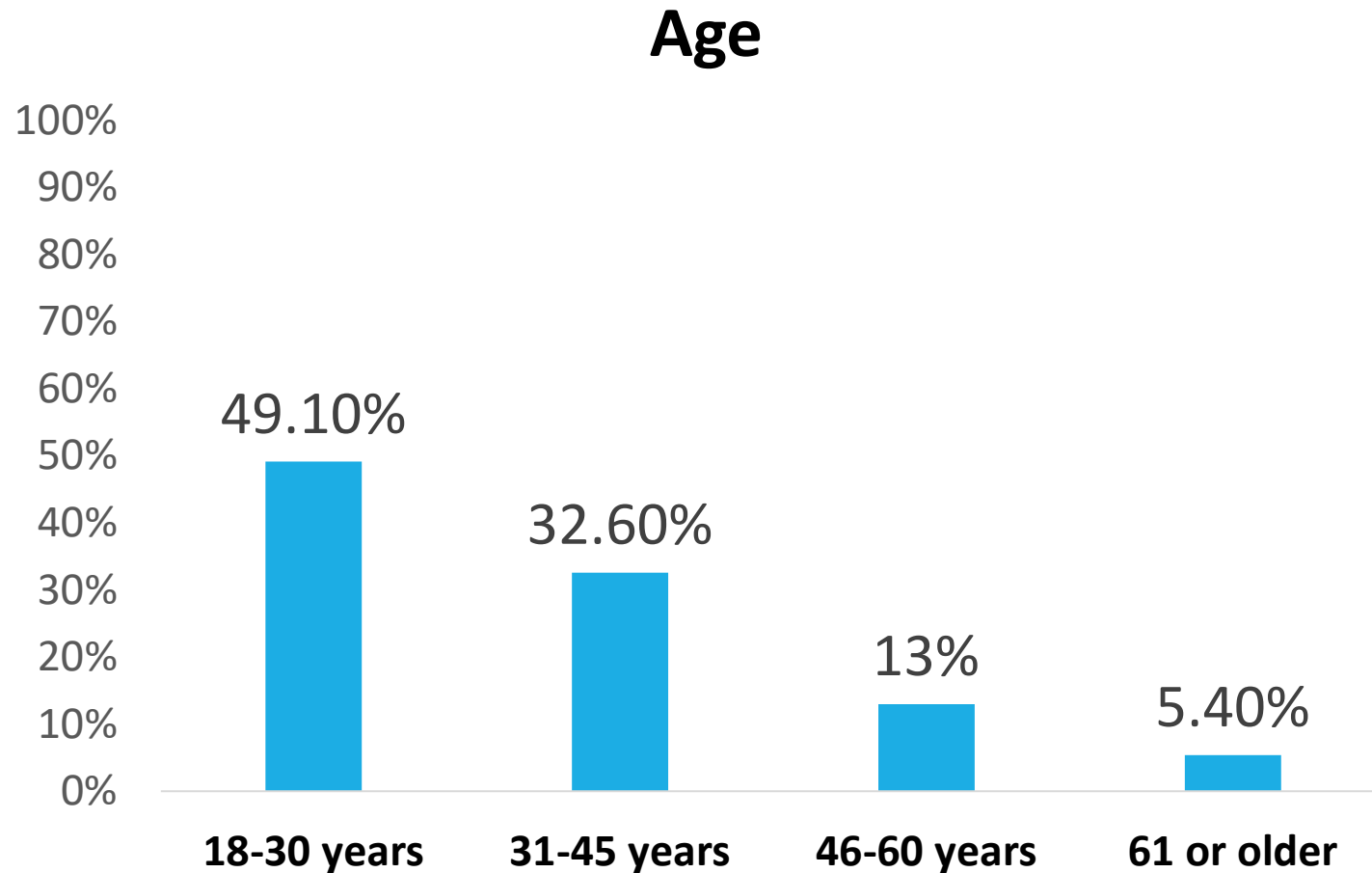


Who are our survey participants?

Gender Identity

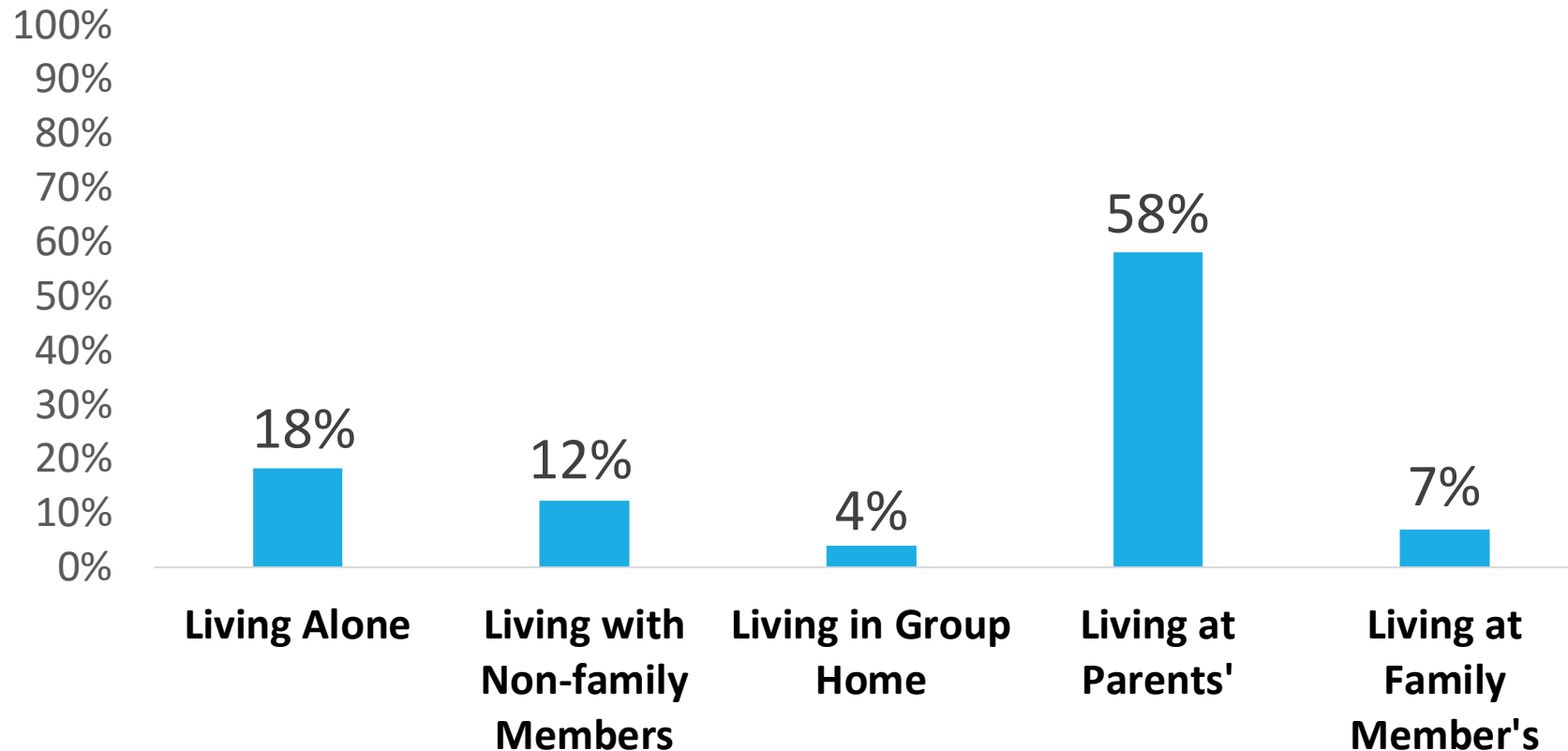


Who are our survey participants?



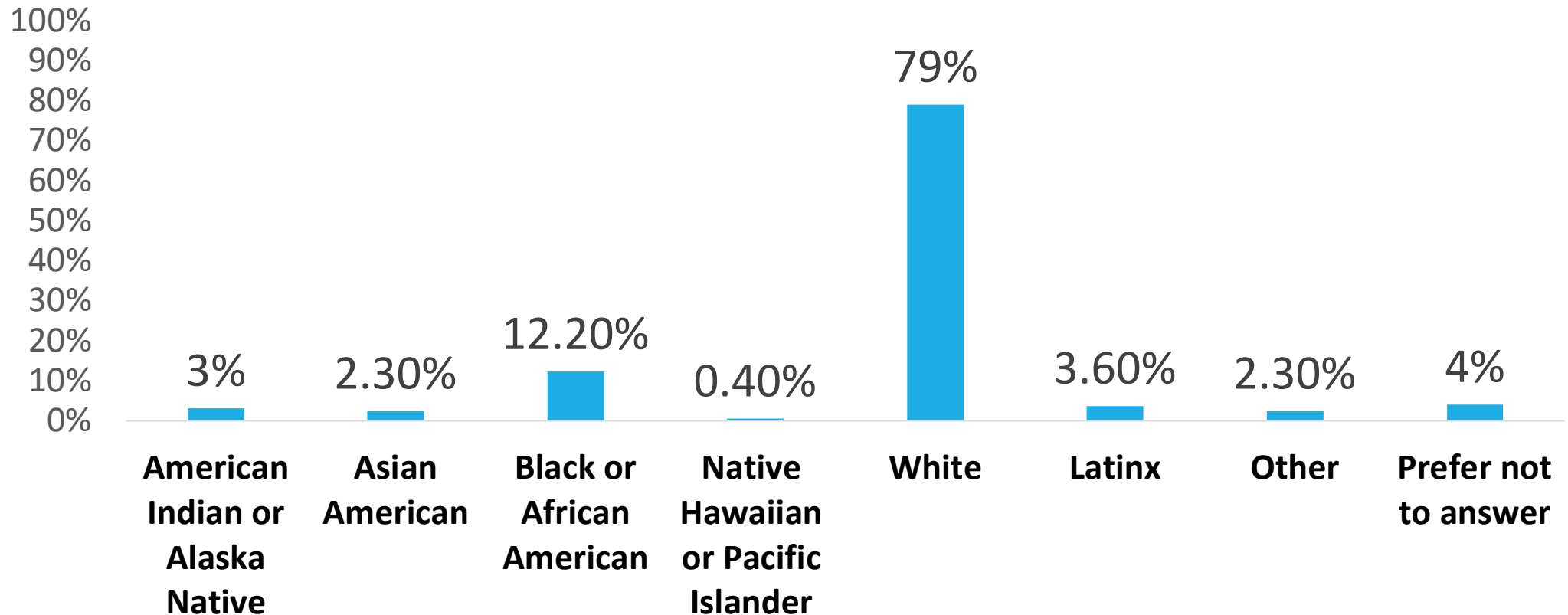
Who are our survey participants?

Living Arrangements

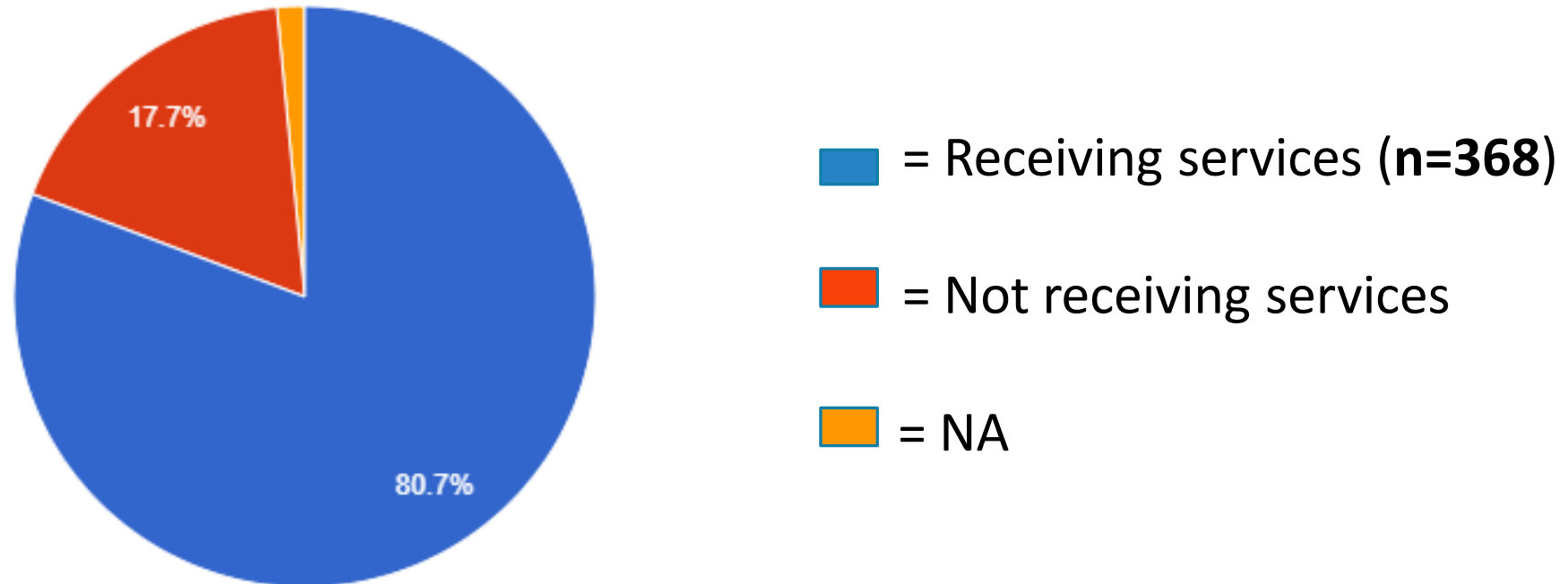


Who are our survey participants?

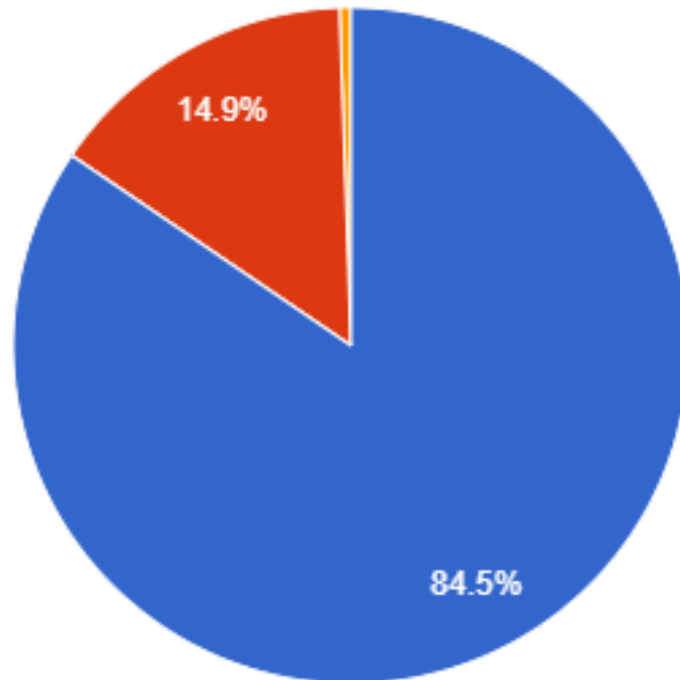
Race and Ethnicity



Who was getting county or state services before COVID-19?



Of those who were receiving services (n = 368):

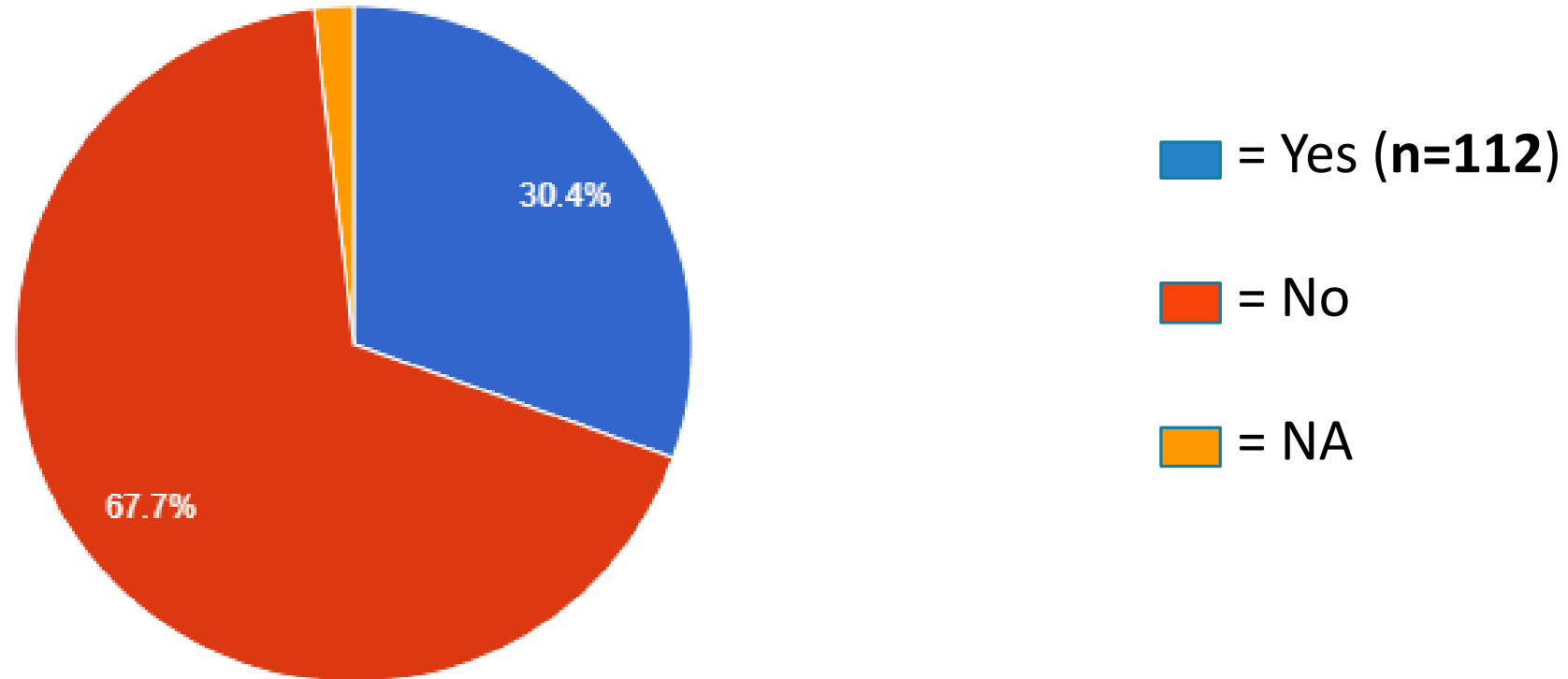


■ = Still getting county/state services (n= **311**)

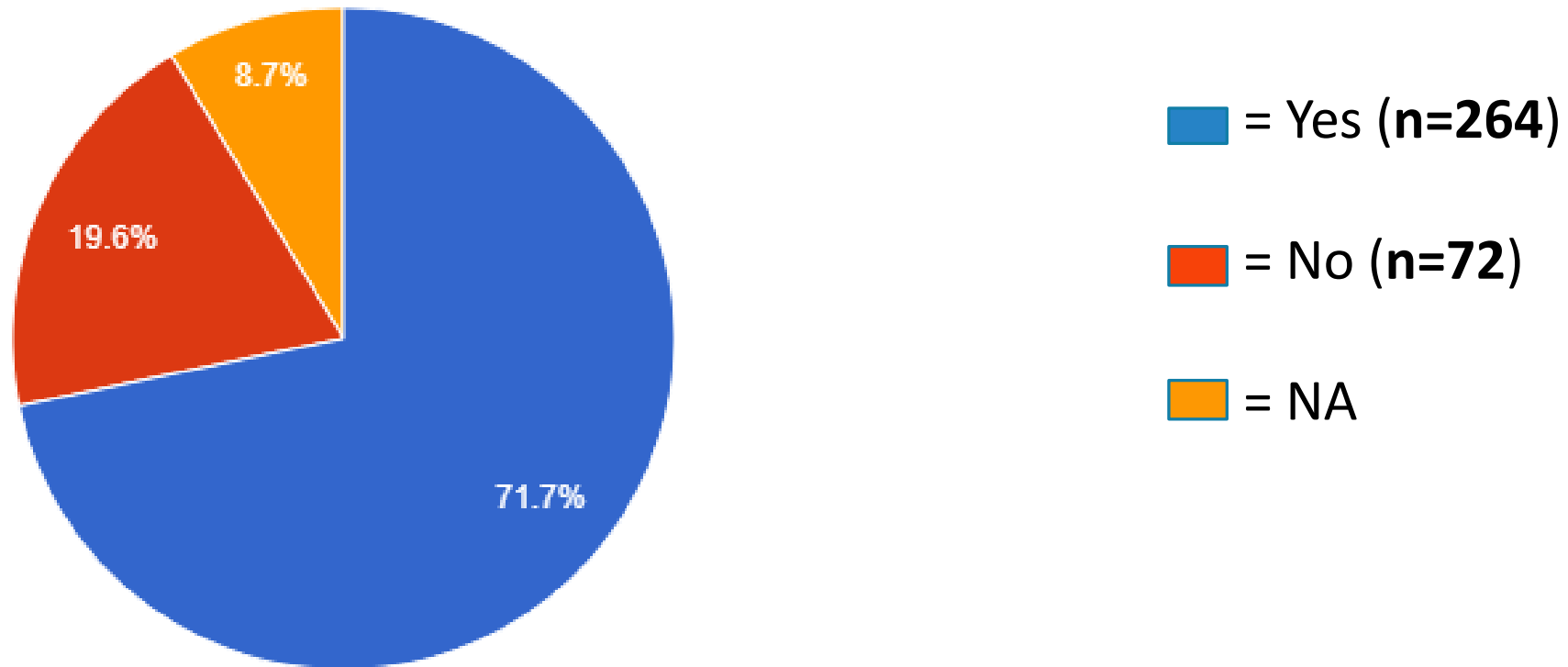
■ = No longer getting services

■ = NA

Of those who were receiving services (n = 368), did anyone have problems accessing them?

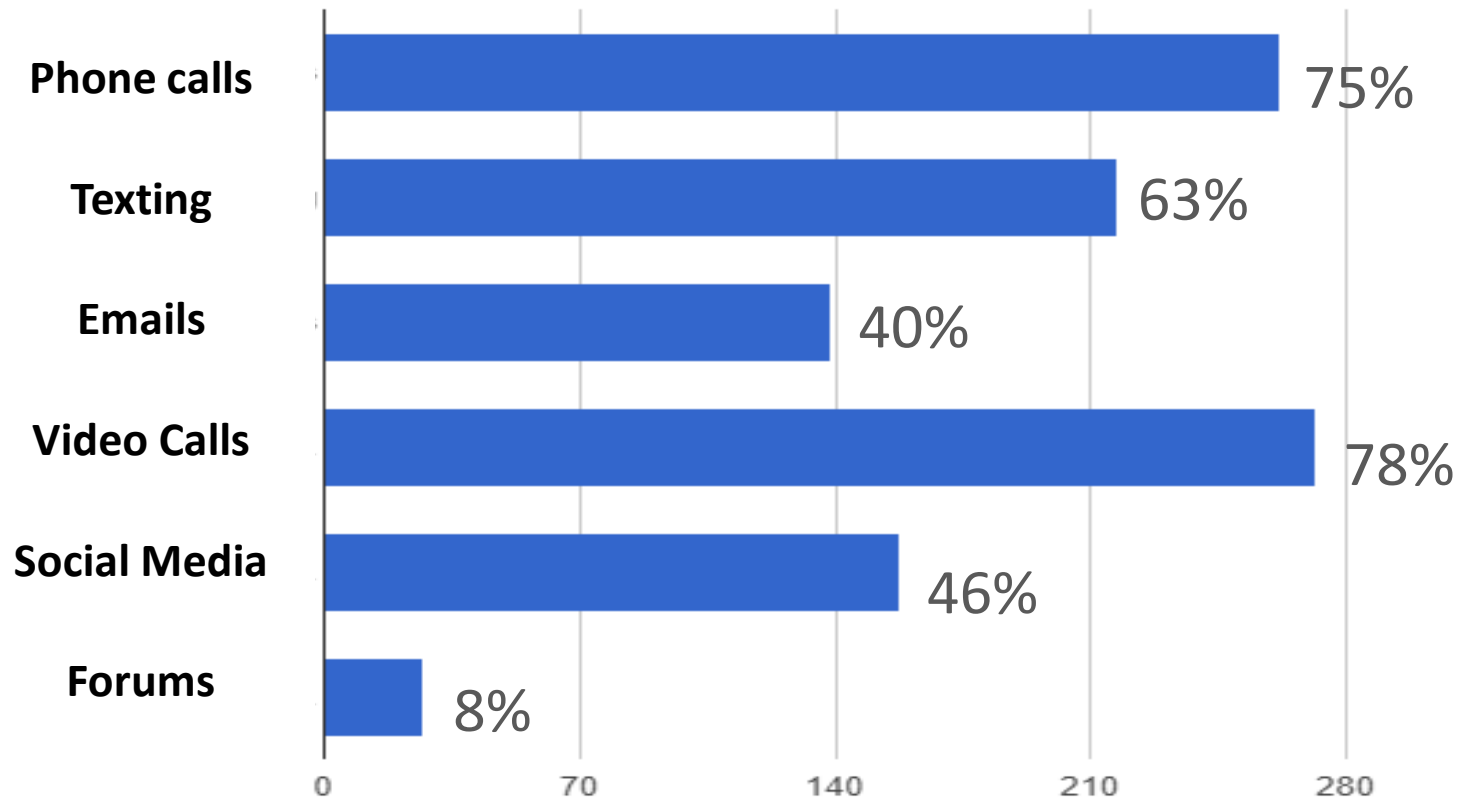


Of those who were receiving services (n = 368) - still getting waiver services during COVID-19?



Technology

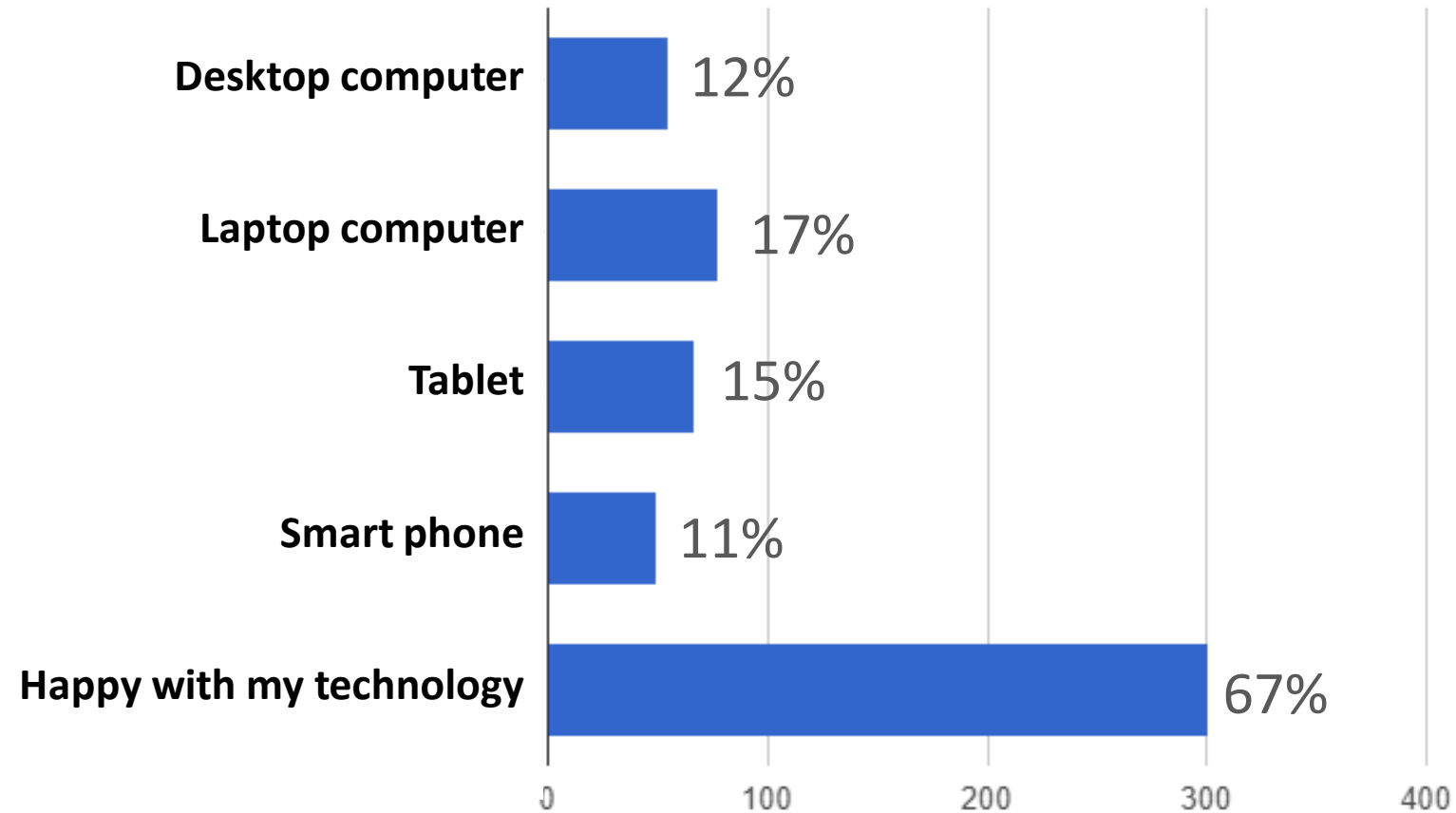
78% of the sample is using technology to talk with others:



How often?

- 33% (every day)
- 23% (1-2 days/week)
- 23% (several times/day)
- 20% (3-5 days/week)

Technology that participants wish they had since COVID-19:



Employment

- 41% (n= 181) reported having a job before COVID-19.
- Of those who were employed before COVID-19 (n=181):
 - **54% work less hours** since COVID-19
 - **50% have been laid off** since COVID-19
 - **42% reported they have not gotten unemployment**
 - **35% reported they did not find it easy to get unemployment**

Employment

- Of those who were employed before COVID-19 (n=181):
 - **29% reported still having to go into work *and* be close to others**
 - **10% reported having to work more hours since COVID-19**

Health

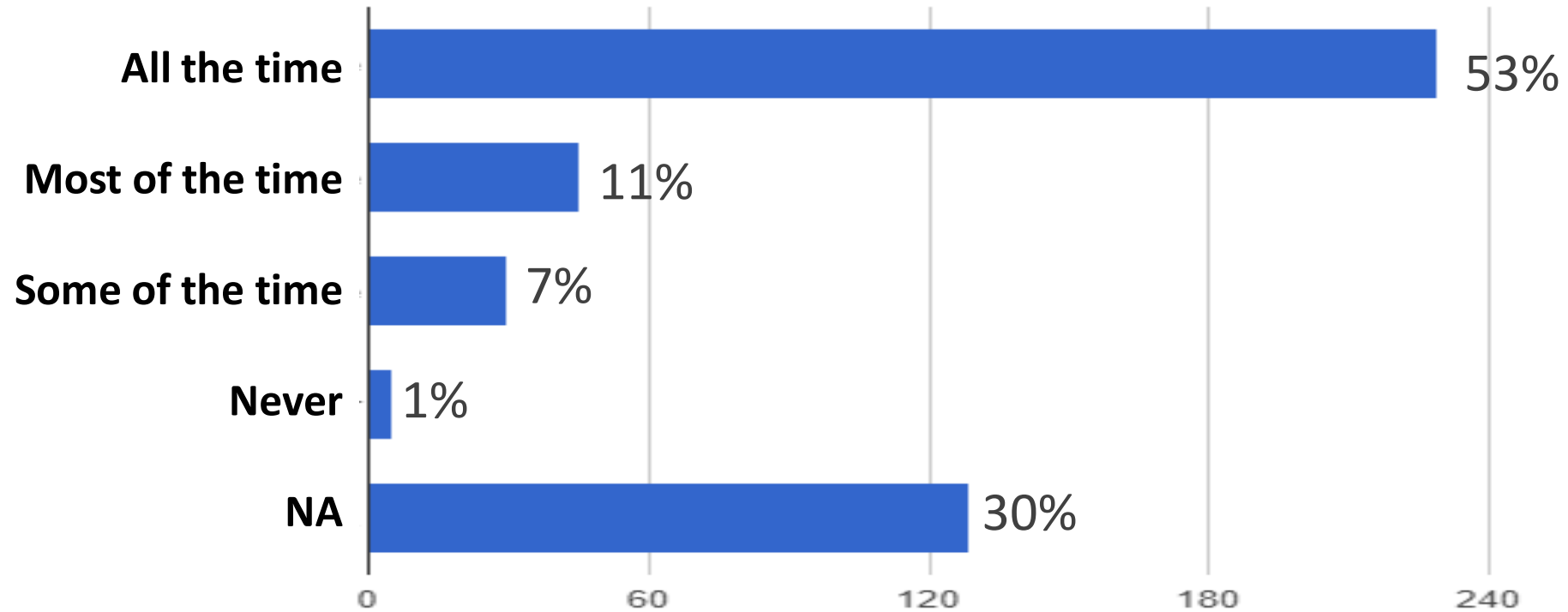
- **97% reported that they have not had COVID-19**
- **85% reported that they have not been exposed to someone with it**
- **12% reported that they are not sure if they have been exposed to it**

Health

- **60% reported knowing what to do if they were exposed to COVID-19**
- **77% reported being able to get necessary medical treatment**
- **80% reported being able to easily access protective gear**
- Most reported using protective gear all or most of the time

Health

In-Person Providers Using Protective Equipment

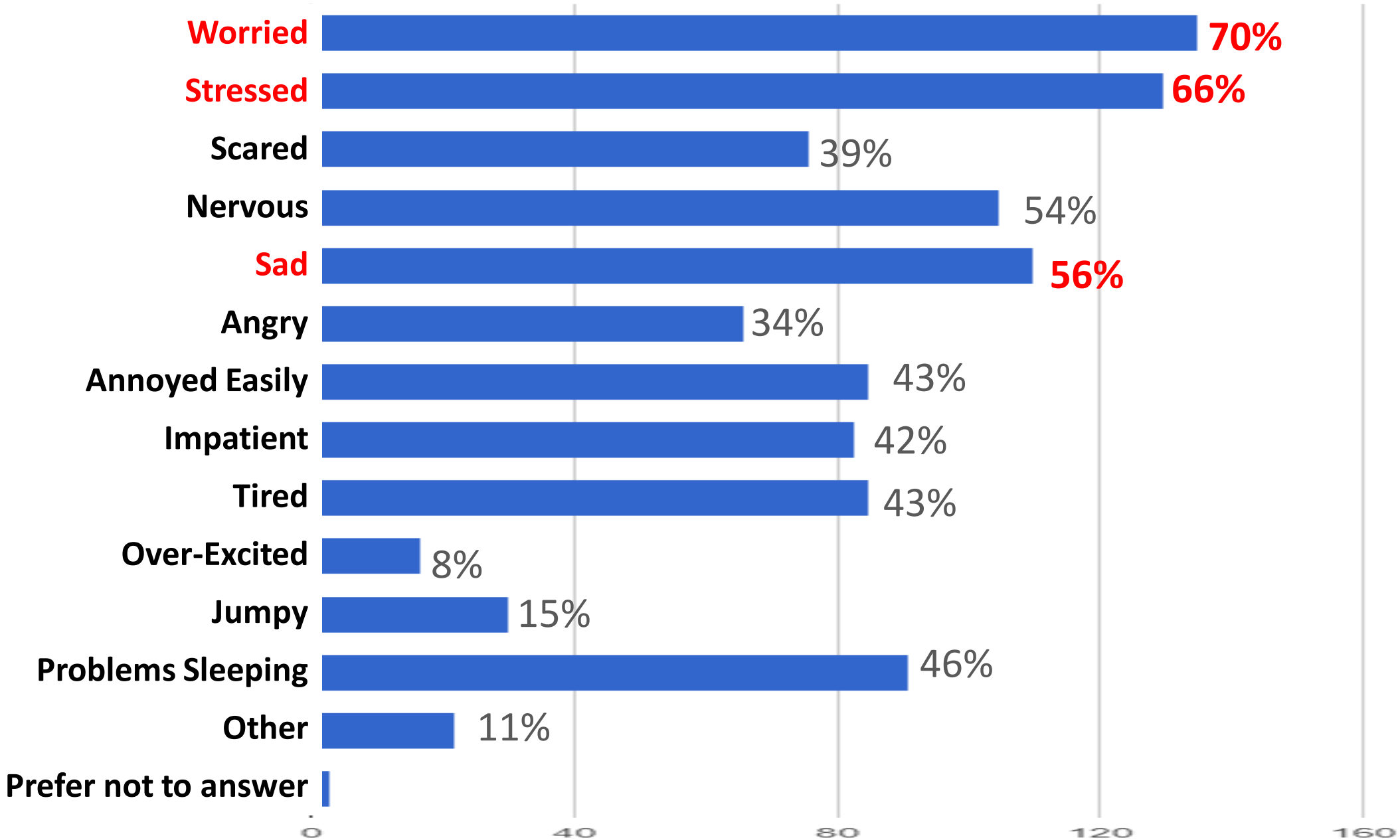


Health

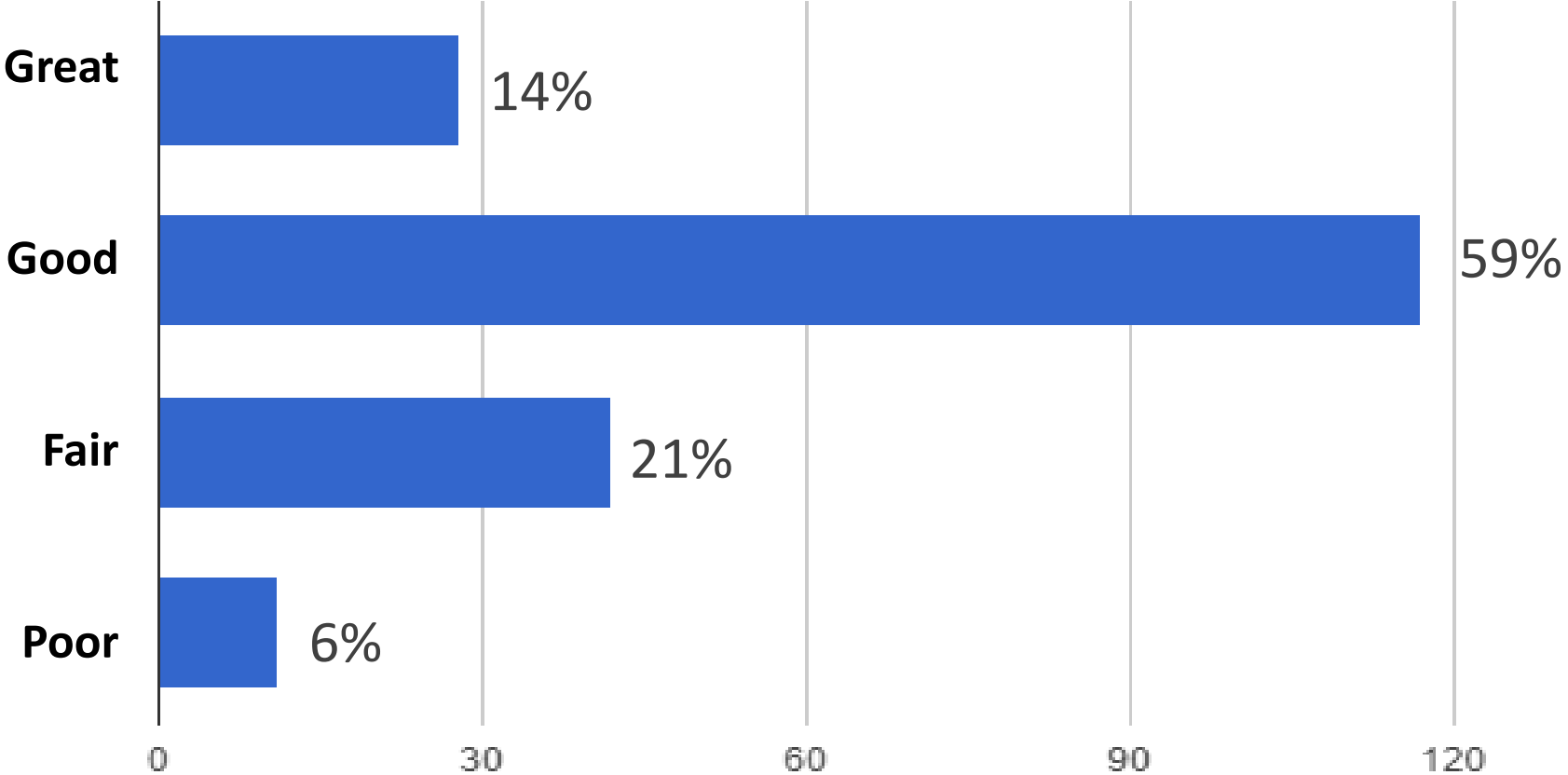
Since the COVID-19 pandemic:

- **11% reported having more health problems**
- **50% reported more mental health problems**

Symptoms endorsed by those reporting more mental health issues (n=197):



How is mental health treatment during the pandemic?



Next Steps

- We will:
 - Review results with partners (DoDD, OOD, OSDA, Self-Advocates)
 - Make minor revisions to the survey based on feedback
 - Contact participants who provided emails to re-take survey (October)
 - Conduct a longitudinal analysis to compare/contrast results

References

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