



Mencap's Big Learning Disability Survey



Information about this survey

We would like to ask you some questions about you and your life.

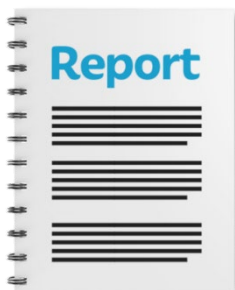


Please only answer the questions if you

- are an adult aged 18 or over
- have a learning disability, and
- live in the UK (England, Scotland, Wales or Northern Ireland)



You can answer each question by putting a tick in the box next to the answer you want.



We will be asking lots of people to fill in this survey. We will write a report about what we

find out. We will use your answers to help make life better for people with a learning disability.



Your answers to this survey are **confidential**.

This means that we will not use your name when we share what we have found out.



You might want somebody to help you read the survey and answer the questions. You can ask a carer, family member or friend to help you.



There is a **word checker** at the end of the survey. You can use this to find out what words with a star* mean. For example, **gender***.



You do not have to take part in this survey if you don't want to.

If you change your mind during the survey, you can stop.



We will keep your information in a safe place.
We will destroy it after 5 years unless you ask us to do this earlier.

We will not give your personal details to anyone outside of Mencap without you saying we can, unless we have to by law.



You can read more about your rights by visiting our website and reading our latest privacy policy.



Please contact the researchers if you have any questions about this survey.

Email: research@mencap.org.uk

Phone: 0207 696 5524

Address:
Dr Carla Barrett
Research Team
Mencap Centre of Engagement
123 Golden Lane
London
EC1Y 0RT

Please **tick** ✓ each box to tell us you agree with the sentences below:

☐

I have read and understood the information about this survey.

☐

I understand that my answers are confidential and will be kept in a safe place for 5 years.

☐

I agree to take part in this survey.



Your name



Sign here



Today's date

About you

These questions are about you.



1) How **old** are you?

- ☐ 18-24 years
- ☐ 25-34 years
- ☐ 35-44 years
- ☐ 45-54 years
- ☐ 55-64 years
- ☐ 65 years and over
- ☐ Don't know
- ☐ Prefer not to say



2) What is your **gender***?

- ☐ Male
- ☐ Female
- ☐ Transgender*
- ☐ Other (please write in the box)

- ☐ Don't know
- ☐ Prefer not to say



3) What is your **ethnic group***?

- ☐ White (British, Irish or other White)
- ☐ Asian or Asian British (Indian, Pakistani, Bangladeshi, Chinese, other Asian background)
- ☐ Black or Black British (African, Caribbean, other Black background)
- ☐ Mixed or multiple ethnic group (White and Black, White and Asian, other mixed or multiple ethnic background)
- ☐ Other ethnic group (please write in the box)

- ☐ Don't know
- ☐ Prefer not to say



4) What **region*** or **country** do you live in?

- ☐ North East
- ☐ North West
- ☐ Yorkshire & the Humber
- ☐ East Midlands
- ☐ West Midlands
- ☐ East
- ☐ London
- ☐ South East
- ☐ South West
- ☐ Wales
- ☐ Scotland
- ☐ Northern Ireland
- ☐ Don't know



5) Do you have a **paid job**?

- ☐ Yes
- ☐ No

If you said yes, please go to question 6.

If you said no, please go to question 7.



6) How many **hours** of **paid work** do you do **in a week**?

- ☐ 1 to 8 hours
- ☐ 9 to 16 hours
- ☐ 17 to 34 hours
- ☐ 35 hours or more
- ☐ I don't work every week
- ☐ Other (please write in the box)

☐ Don't know



7) Would you like a **paid job**?

- ☐ Yes
- ☐ No
- ☐ Don't know
- ☐ I have a paid job

8) Are you **single** or in a **relationship**?



- ☐ I am single
- ☐ I am in a relationship
- ☐ I am married
- ☐ I am divorced or widowed
- ☐ Other (please write in the box)



9) **Where** do you live?

- ☐ In a house or flat
- ☐ In a caravan or mobile home
- ☐ In supported housing
- ☐ In residential care/ a care home
- ☐ In a long stay hospital

- ☐ Other (please write in the box)



10) **Who** do you live with? You can tick more than one answer.

- ☐ I live on my own
- ☐ My parents
- ☐ My partner (boyfriend, girlfriend, husband or wife)
- ☐ My children
- ☐ Other family members
- ☐ Friends or housemates
- ☐ A paid support worker
- ☐ Other people (please write in the box)

Healthcare

These questions are about healthcare.



11) Think about your **most recent** appointment with a **GP*** or hospital.
How was your appointment?

- ☐ Good
- ☐ OK
- ☐ Poor
- ☐ Don't know
- ☐ Not Applicable



12) What is the **most important** thing that you think could have been better at your appointment?



13) Have you had an **annual health check*** in the last year?

- ☐ Yes
- ☐ No
- ☐ Don't know



14) How was your **most recent** annual health check?

☐

Good

☐

OK

☐

Poor

☐

Don't know

☐

I have not had an annual health check in the last year

If you live in England, please go to question 15.

If you live in Wales, Scotland, or Northern Ireland, please go to question 16.

As part of your annual health check, your doctor or nurse should give you booklet that shows your health needs, what will happen about them (including what you need to do), who will help, and when your next appointment will be.

This booklet is called a **health action plan**.



15) Did you get a **health action plan** at your most recent annual health check?

- ☐ Yes
- ☐ No
- ☐ Don't know

Mental health

These questions are about mental health.

Here are some statements about feelings and thoughts.



16) Think about the **past week**. Which **feelings** and **thoughts** have you had? You can tick more than one answer.

- ☐ Happy
- ☐ Excited
- ☐ Confident
- ☐ Sad
- ☐ Lonely
- ☐ Angry
- ☐ Other (please write in the box)



17) How much do you **agree** or **disagree** with the following statement? “I am feeling positive about the future”

- ☐ Agree
- ☐ Neither agree nor disagree
- ☐ Disagree
- ☐ Don't know

Discrimination*

These questions are about discrimination.



18) Think about the **past month**. Were there any times when you didn't go out because you were **worried** about something?

- ☐ Yes
- ☐ No
- ☐ Don't know

If you said yes, please go to question 19.
If you said no or don't know, please go to question 20.



19) What were you **most worried** about?

Please tick one answer.

- ☐ Getting lost
- ☐ Using public transport
- ☐ People calling me names or bullying me
- ☐ People laughing at me
- ☐ People ignoring me
- ☐ Asking a member of the public for help
- ☐ Other (please write in the box)



20) If you are being treated unfairly, **where** would you go for **help and support**? You can tick more than one answer.

- ☐ Charities
- ☐ Police
- ☐ Support worker
- ☐ Day centres
- ☐ Family or friends
- ☐ Other (please write in the box)

- ☐ I do not know where to go for help and support

Money and support



These questions are about money and support.

21) Think about the **past week**.

Which of the following things have you been **worried** about? You can tick more than one answer.

- ☐ I do not have enough money
- ☐ I do not have enough support
- ☐ I am in **debt***
- ☐ I do not know where to go for support
- ☐ Other (please write in the box)

- ☐ I am not worried about any of these things



22) Think about the **past week**.

Which of the following **living costs** have you been **worried** about? You can tick more than one answer.

- ☐ Food shopping
- ☐ Energy (gas, electricity, and heating)
- ☐ Care and support charges
- ☐ Going out with friends
- ☐ Hobbies or activities
- ☐ Travel (for example using a bus, train, or car to visit family or friends)
- ☐ Rent or mortgage
- ☐ Other (please write in the box)

Anything else

These questions are about anything else you would like to tell us.



23) What is the **most important** thing that would make your life better?

You can also write anything else you would like to tell us here.



24) Do you have a connection to Mencap? You can tick more than one answer.

- ☐ I do not have a connection to Mencap
- ☐ I have heard of Mencap
- ☐ I am supported by a Mencap service
- ☐ I go to a Mencap local group
- ☐ I work or volunteer for Mencap
- ☐ I campaign for Mencap
- ☐ I fundraise for Mencap
- ☐ Other (please write in the box)

Contact details

We might want to ask you some more questions. If you are happy for Mencap to contact you about taking part in research, please give us your contact details.

Your name



Email address



Phone number



Address



Information

To get support you can contact Mencap's **Learning Disability Helpline**. It offers free advice and support for people with a learning disability, their families and carers.

Phone: 0808 808 1111

Email: helpline@mencap.org.uk

Northern Ireland

Phone: 0808 808 1111 (Option 2)

Email: helpline.ni@mencap.org.uk

Wales

Phone: 0808 8000 300

Email: helpline.wales@mencap.org.uk

You can also talk to **Mencap's Research team** about any of the topics included in this survey. Email: research@mencap.org.uk



This is the end of the questions.

Thank you for filling in this survey.

What to do next



Please contact the researchers if you would like to receive a **freepost envelope** to send your survey back to us.

Email: research@mencap.org.uk



Word checker



An **Annual health check** is done by your doctor once a year. Your doctor will take a closer look at how you are doing – making sure you're healthy.

Debt is an amount of money that you need to pay someone else or a bank.

Discrimination is when someone is treated differently (usually in a bad way) because of things like their disability or their religion.

Ethnic group is the group of people you are part of. For example, your language, history and the things you celebrate.

Gender is how you think of yourself.

A **GP** is a doctor who works at a GP surgery.

Region means the part of England that you live in, for example, South East.

Transgender is when you do not think of yourself as the same sex that you were born.