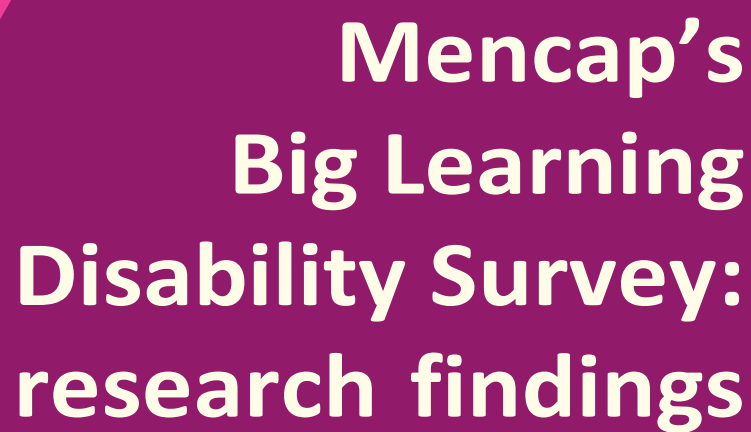


The Mencap logo consists of the word "mencap" in a white, lowercase, sans-serif font, positioned inside a dark purple speech bubble shape. The background of the entire page is a vibrant pink with several thick, wavy, dark pink lines that create a sense of movement and depth.

mencap

A white circular icon containing the words "Easy read" in a bold, dark purple, sans-serif font, indicating that the document is written in an accessible format.

**Easy
read**

A dark purple, irregularly shaped box that serves as a background for the title text, which is written in a white, bold, sans-serif font.

**Mencap's
Big Learning
Disability Survey:
research findings**

Easy Read, October 2022

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Mencap's Big Learning Disability Survey: research findings

Introduction



Mencap asked people with a learning disability in the UK about their everyday lives and experiences.

In the survey, people were asked what they thought about things like:



- Having a paid job



- Relationships



- Healthcare



- Mental health

Mental health is about our emotions, feelings, and thoughts.



- Discrimination



- Money and support



- Living costs

About the research project



Nearly 2000 people took part in the survey.

This report explains what people said.

Mencap will use the things people said to think about what we should do in the future.

Findings from the research project

Having a paid job



More than 2 in 10 people said they have a paid job.



Of the people who do not have a paid job, over 3 in 10 people said they would like to have a paid job.

Relationships



Over 2 in 10 people said they are in a relationship or married.



Most people said that they single or divorced or widowed.

Healthcare



Almost half said their most recent GP or hospital appointment was good.



Over 1 in 10 said their appointment was poor.



Most people said extra **reasonable adjustments** would have made their appointment better.

Reasonable adjustments are small changes that can help people with a learning disability to be treated equally.



Some people said they would prefer face to face appointments instead of telephone or video appointments.



Some people said they would prefer shorter waiting times before seeing the GP or hospital doctor.



Some people said they would like to have longer appointments.



Some people said they would like their GP or hospital doctor to have a better understanding of learning disabilities.

Annual health checks



Almost half of people said they have had an annual health check in the last year.



Almost 6 in 10 people said their most recent annual health check was good.



A few people said their most recent annual health check was poor.



Almost 6 in 10 people said they did not get a **health action plan** at their most recent annual health check.

A **health action plan** is a 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.

Mental health



Over 6 in 10 people said they had felt happy in the past week.



Over 2 in 10 people said they had felt confident.



Over 3 in 10 people said they had felt excited.



Over 3 in 10 people said they had felt lonely.



Over 4 in 10 people said they had felt sad.



Over 3 in 10 people said they had felt angry.



We asked people to share any other thoughts or feelings they had felt in the past week.



Many people said they had felt anxious.



Many people said they had felt frustrated.



Some people said they had felt confused.



Some people said they had felt worried.

Feelings about the future



Nearly 4 in 10 people said they felt positive about the future.



Nearly 2 in 10 people said they did not feel positive about the future.



Discrimination

Over 4 in 10 people said they did not go out in the past week because they were worried about something.



We asked people why they had felt worried about going out in the past month.



The top thing people worry about is people calling them names or bullying them.



Some people said using public transport.



Some people said getting lost.



Some people said asking a member of the public for help.



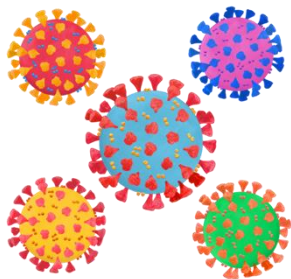
Some people said people ignoring them.



A few people said people laughing at them.



Lots of people shared other reasons why they have worried about going out.



Some people said they were still dealing with the effects of the coronavirus pandemic on their mental health.



Some people said they were worried about being in busy places such as a city centre.



A few people said they were worried about being treated badly by the general public because of their learning disability.



We asked people who they would go to for help and support if they were being treated unfairly.



Almost 7 in 10 people said they would go to family or friends.



Almost 4 in 10 said they would go to their support workers.



Almost 2 in 10 people said they would go to the police.



Over 1 in 10 people said they would go to charities.



Over 1 in 10 people said they would go to day centres.



Over 1 in 10 people said they did not know where to go for help and support.



Some people shared other places that they would go to for help and support if they were being treated unfairly.



Most of these people said they need their family to help them ask for help and support.



Money and support

Over 2 in 10 people said they do not have enough money.



Over 2 in 10 said they do not have enough support.



Over 1 in 10 people said they do not know where to go for support.



A few people said they are in **debt**.

Debt is when you owe a person or an organisation money.



Over half of people said they are not worried about any of these things.



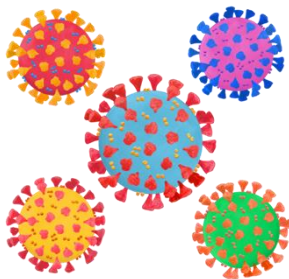
Most people said their parent or carer looks after their money and support.



Some people shared other things they have worried about in the past month.



Some people said they have felt worried about having enough money for living costs such as hobbies or going out.



Some people said they are still worried about coronavirus.

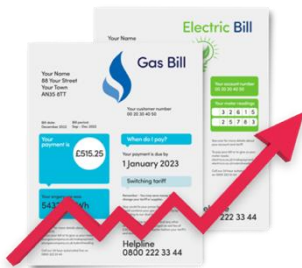


Living costs

We asked people to think about which living costs they have been worried about in the past week.



4 in 10 people said food shopping.



Nearly 4 in 10 people said energy (gas, electricity, and heating).



Nearly 2 in 10 people said care and support charges.



Over 2 in 10 people said going out with friends.



Over 2 in 10 people said hobbies and activities.



Over 2 in 10 people said travel (for example using a bus, train, or car to visit family or friends).



Nearly 2 in 10 people said rent or mortgage.



Lots of people told us that their parent, carer, or **financial deputy** works out how to spend their money on living costs.



A **financial deputy** is a person who deals with a person's finances, such as bills, benefits, and pension.



What would make your life better?

We asked people to share 1 thing that would make their life better.

The top answers were:



1. Getting a paid job.



2. Getting more personal support.



3. Having friends and socialising.



4. Tackling discrimination.



5. Lower cost of living.



6. More independence.

Next steps



Mencap would like to say thank you to everyone who took part in this survey.



We have heard your views on important issues such as healthcare, discrimination, and money and support.



We will work with the government and organisations to make change happen.



We know this is a difficult and unusual time. **We're here to help:**



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