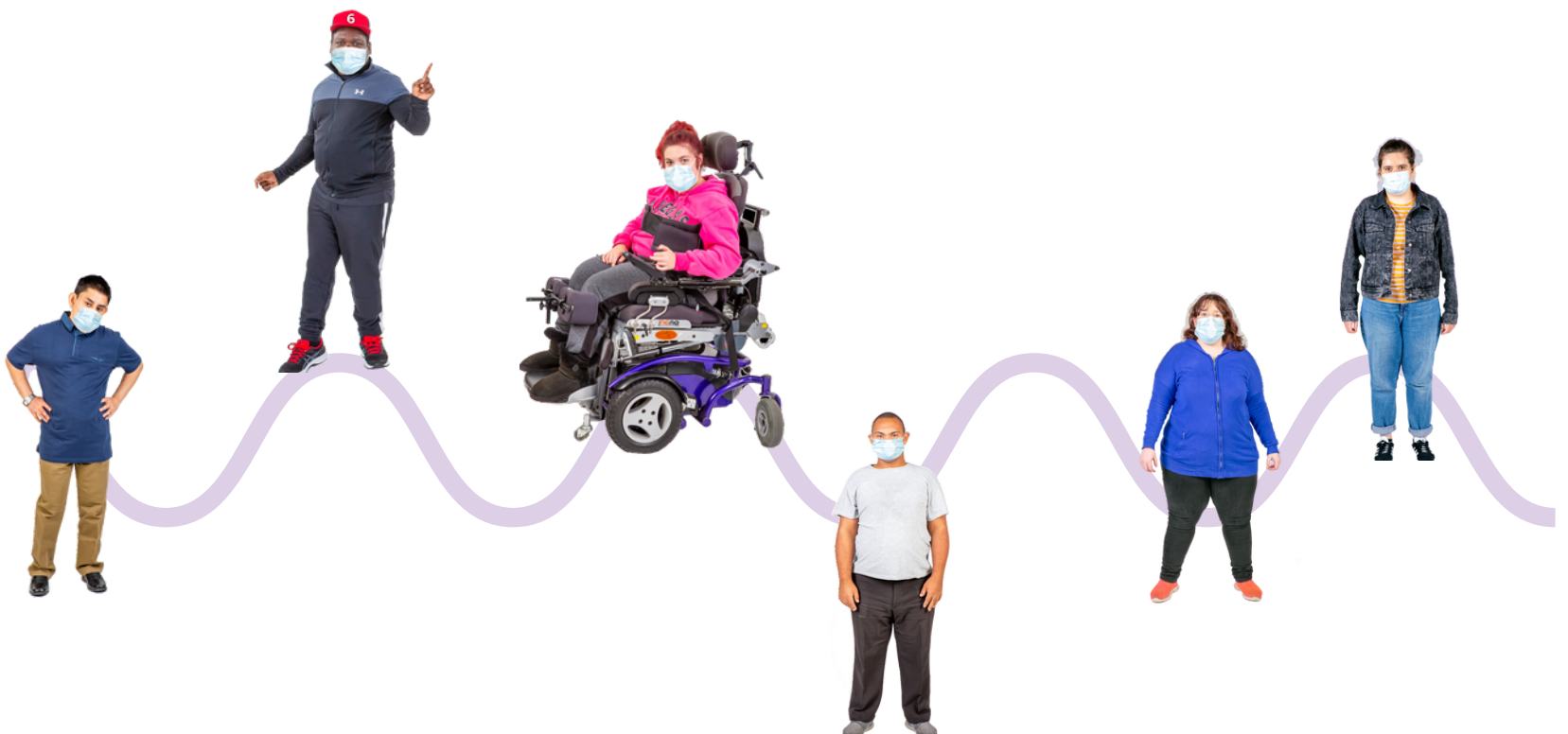


# Research Summary

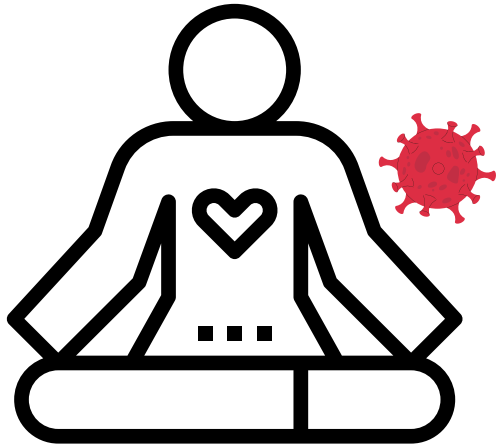
**“Everything has changed  
since COVID”**



**Ongoing challenges faced by Canadian  
adults with intellectual disabilities during  
waves 2 and 3 of the COVID-19 pandemic**

Read the research paper [\*\*HERE\*\*](#)

# Why did we do this research?



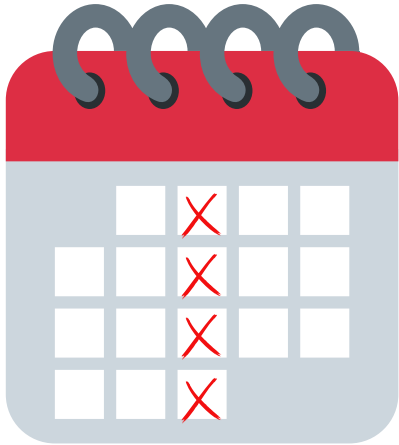
COVID-19 led to many changes in people's lives. **People with ID already had a hard time accessing supports.**



This meant that **people with ID had a harder time with their health** than other people because of COVID-19.

**ID: Intellectual Disabilities**

# What did we do?



We made a 6-week online course during the pandemic **to support people with ID** in Canada. Group 1 took the course in **Fall 2020** and Group 2 took the course in **Winter 2021**.



Some of the course topics were **how to talk about health care, managing stress and anxiety, and dealing with grief and loss.**

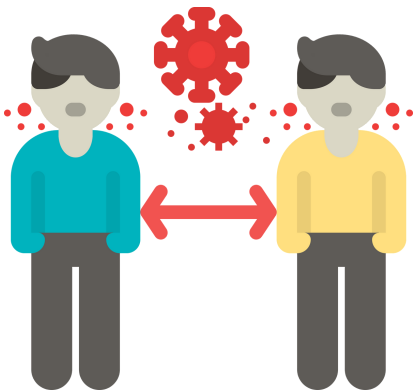


8-weeks after the course was done, we asked participants **what they were still finding hard about the pandemic.**

# What did we learn?

People with ID **still had problems** after taking the online course:

## Problem #1:



### Understanding COVID-19 rules:

They said it was **hard to switch to online programs** and **virtual doctor visits at first.**



They also said it was **hard to talk to their friends and family** like before because of social distancing and masks.

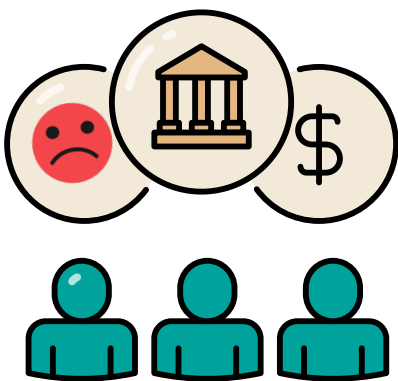
# What did we learn?

People with ID **still had problems** after taking the online course:

## Problem #2:



**Money and work:** Some said they **didn't feel safe** going back to work. Others were **laid off or given less work**.



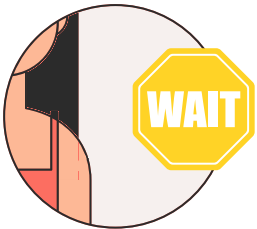
They also said that **government support was not enough** and it was hard to pay for things they needed.

# What did we learn?

People with ID **still had problems** after taking the online course:

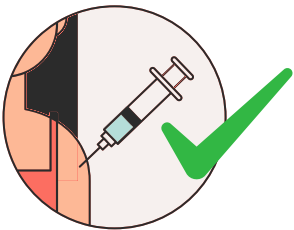
## Problem #3:

Group 1



**Getting a vaccine:** People in **group 1 were still waiting** for their first COVID-19 vaccine, but some participants in **group 2 had already gotten their first dose.**

Group 2



They also said it was **hard to find where to book their first vaccine.** Many group members said they wanted a shot but **wanted to learn more from trusted sources first,** like a doctor.



# What does this mean?



It is important to **listen to the experiences of people with ID** to know how COVID-19 impacts their lives.

People with ID **need more than resources and coping skills training**. Governments and organizations need to **work together with the ID community** to make it easier to find resources.



It is also important to give **easy-to-understand health care information** to people with ID to help them make good choices.



**Title:** “Everything has changed since COVID”: Ongoing challenges faced by Canadian adults with intellectual disabilities during waves 2 and 3 of the COVID-19 pandemic

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This research article is posted in a research journal called the Journal of Intellectual Disabilities.

<https://doi.org/10.1177/17446295241229364>

This guide was created by staff at the Health Care Access Research and Developmental Disabilities Program (H-CARDD) and CAMH. We thank the self-advocate advisors who worked together with our team.



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