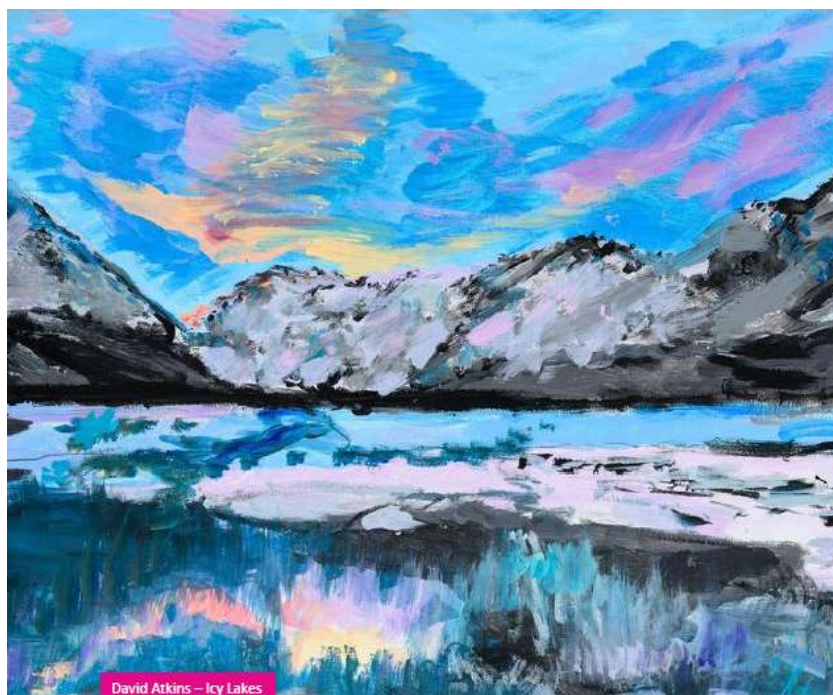


# **From Data to Dignity: Summary of a report on health and wellbeing of New Zealanders with intellectual disability**



**Published: December 2023**

## Before you read this



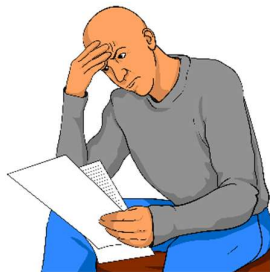
This Easy Read document uses the words **intellectual disabilities**.



We know some people prefer the words **learning disability**.



We are using the words **intellectual disabilities** because those are the words used in the report written by IHC and Kōtātā Insight.



Some of the information in this document is about things that may make you:

- upset
- worried.



This document is about what things are most like for people with intellectual disabilities.



This does not mean the things in this document will happen to:

- you
- people you know.



People with intellectual disabilities are all different.



If you are worried you can talk to your:

- whānau / family
- friends
- doctor.

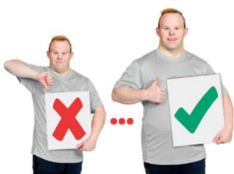


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# What is this document?



In 2011 the Ministry of Health did a report about health **indicators** for people in New Zealand with intellectual disabilities.



**Indicators** are information that can be used to tell how things are going for people.



For example if people go to hospital a lot that is an indicator that their health is not good.



The Ministry of Health report used information from 2008.

That was a long time ago.



IHC asked **Kōtātā Insight** to do a new report that is called:

## From Data to Dignity: Health and Wellbeing Indicators for New Zealanders with Intellectual Disability



**IHC** is an organisation that works for people with intellectual disabilities.

IHC supports people with intellectual disabilities in lots of different ways.

IHC also speaks up for people with intellectual disabilities to:

- live good lives
- be part of the community
- have **rights**.





**Rights** are things the law says everyone should:

- have
- be able to do like:
  - vote
  - have a job
  - live somewhere safe.



**Kōtātā Insight** is an organisation that does **research**.

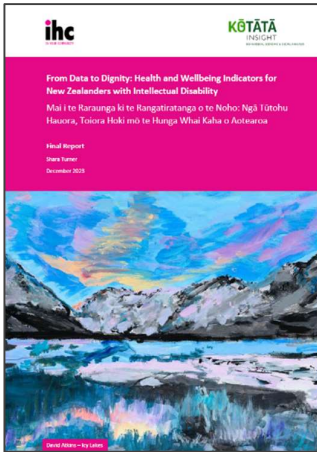


When it says **we** in this document that means Kōtātā Insight.



**Research** is when you find out a lot of information about something.





This Easy Read is a summary of the main parts of the new report.

There is more information:

- in the full report
- on our website in a way that lets you look at the information in different ways.



The full report is not in Easy Read.

You can find the full report at:

**<https://tinyurl.com/datadignity>**





The report has:

- new information about the things the first report looked at
- other indicators for different kinds of **wellbeing**.



**Wellbeing** means how people feel about their lives.

Some of the things that are important to wellbeing are:

- health
- money
- housing.



The new report uses information from 2018.



The work to make this report was done in a way that people with intellectual disabilities:

- were the ones who **benefited** from the work
- could be part of the work.



**Benefited** means got good / important things from the work.

## Why is this report important?



The report shows that **outcomes** for people with intellectual disabilities are not as good as for other people.



**Outcomes** are how things end up for people.

For example an outcome might be if people get better after medical treatment.



Some people with intellectual disabilities are already in groups of people who often:

- have less money
- do not have good health.



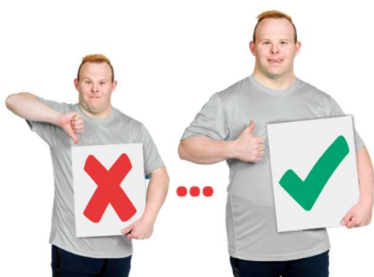


This means things can be much harder for these people.



The first report said that Māori were more likely to have intellectual disabilities than other people.

This made it important for us to make sure there was good information about Māori in the report.



Knowing outcomes for people with intellectual disabilities also means things can be changed to make things:

- better
- fairer.



The report uses different indicators to check how things are going.

These indicators can be used to check how things have changed.



Another report could be done later to check how things are going.



People doing **advocacy** can use information in this report to show what they are saying is:

- true
- important.



**Advocacy** is when you speak up to make things better.



This advocacy might lead to the Government making changes.



We found that for every indicator some people with intellectual disabilities have good outcomes.

This show that things can be done well for everyone with intellectual disabilities.



We hope this report will mean better outcomes for people with intellectual disabilities in the future / years to come.



# Who are people with intellectual disabilities?



We did some work to find out how many people have intellectual disabilities.



It is hard to tell exactly how many people have intellectual disabilities.



We think it is a little more than 1 in every 1 hundred people.

Younger people are usually more likely to have intellectual disabilities.



Children younger than 5 years old are less likely to be listed as having intellectual disabilities.



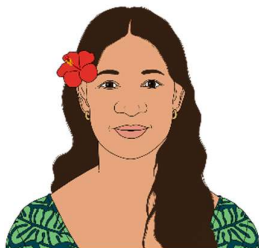
This is because it takes time to tell that a child has intellectual disabilities.



Men are more likely to have intellectual disabilities than women.



Māori are the group most likely to have intellectual disabilities.

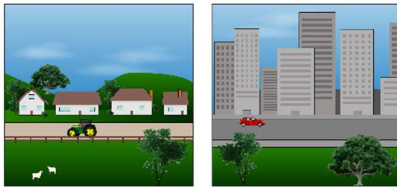


Pacific peoples are second most likely to have intellectual disabilities.



People with intellectual disabilities:

- live in all parts of Aotearoa New Zealand
- are more likely to live in some places than others.



People with intellectual disabilities are more likely to live in smaller towns / cities than:

- **rural areas**
- bigger cities like Auckland or Wellington.



**Rural areas** are places outside of a city where not as many people live.



People with intellectual disabilities are also more likely to live in **deprived areas**.

**Deprived areas** are places where people do not have much money.

# Health



Health is a very important part of wellbeing.

The first report only looked at health.



We have looked at how things have changed from when that report was done.



People with intellectual disabilities still have worse health than other people.



The next part of this document is about **life expectancy**.

**Life expectancy** is how long people are likely to live.



Remember this life expectancy is just what is most likely for a big group of people.



It does not mean you will only live this long.

People can live a lot longer than their life expectancy.



People with intellectual disabilities usually die at a much younger age than people without intellectual disabilities.



Māori with intellectual disabilities have a lower life expectancy when they are born than other people with intellectual disabilities.



We looked at some **chronic health conditions**.



**Chronic health conditions** are conditions that last a long time like:

- heart disease
- diabetes.



People with intellectual disabilities are more likely to have chronic health conditions than people without intellectual disabilities.





People with intellectual disabilities are more likely to have **mental health conditions** than people without intellectual disabilities.



**Mental health conditions** are conditions to do with:

- your brain
- how you feel.

Examples of mental health conditions are:

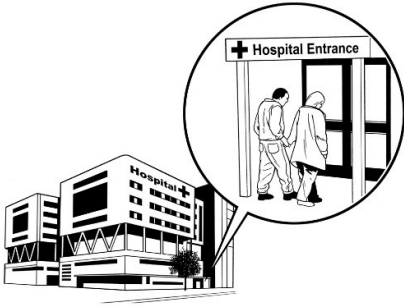
- depression
- anxiety disorders
- schizophrenia.





People with intellectual disabilities also use health services more than other people.

They are more likely to have seen their family doctor recently than people without intellectual disabilities.



People with intellectual disabilities are almost 4 times more likely to have had **potentially avoidable hospital treatment** than other people.

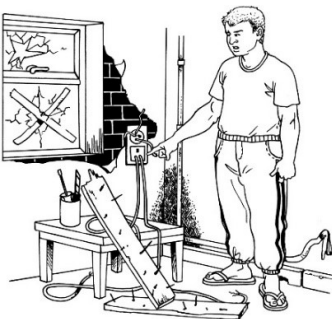


**Potentially avoidable hospital treatment** is treatment that might not have been needed if things had been done differently.



For example hospital treatment may not have been needed if:

- the person had treatment from a family doctor sooner
- they had been living in a safer place.



## Learning and work



There are no big differences between people with intellectual disabilities and people without intellectual disabilities when it comes to how many people went to:

- early childhood education like kindy
- school.



Young people with intellectual disabilities are much more likely to go to specialist schools than other children.



**Specialist schools** are schools just for children with disabilities.



People with intellectual disabilities are more likely than other people to have no **qualifications**.

**Qualifications** show that you have completed a learning course that could lead to finding a job.



However more than half of adults with intellectual disabilities under 35 years old do have a qualification.

This shows it is possible for many people with intellectual disabilities to get qualifications.



Most adults have a driver licence.

Only about 1 in every 3 adults with intellectual disabilities has a driver licence.



People with intellectual disabilities are less likely than other people to have jobs.

Children with intellectual disabilities are less likely to have parents who work **full time** than other children.

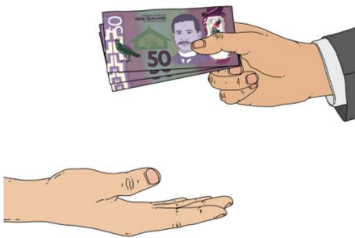


Working **full time** usually means working about 30 hours a week or more.



Children with intellectual disabilities are more likely to live in households with not as much money.

A **household** is a group of people who live together.



Most adults with intellectual disabilities are getting a **benefit**.

A **benefit** is money you get from the Government.



You might need a benefit if you cannot:

- find a job
- work because you are ill or have a long term disability.





Adults with intellectual disabilities are much more likely to get a benefit than adults without intellectual disabilities.



People with intellectual disabilities in their 20s and 30s are more likely to live with working parents who support them.



This is less likely to be possible for older people with intellectual disabilities.



Having less money means people with intellectual disabilities are less likely to:

- have internet access
- travel to other countries.



# Housing



Housing means the places people live.



People with intellectual disabilities move home more often than people without intellectual disabilities.



People with intellectual disabilities are also more likely to live in a mouldy / damp house than people without intellectual disabilities.



Children with intellectual disabilities are more likely to live in a **crowded home** than other children.



A **crowded home** is one that is too small for the number of people who live there.

# Family



Most children live with at least 1 **birth parent**.

A **birth parent** is someone who is your parent from when you are born.



Fewer children with intellectual disabilities live with at least 1 birth parent than other children.



Young adults with intellectual disabilities are more likely to live with at least 1 birth parent than adults who are not disabled.



Children with intellectual disabilities are more likely to:

- live in a family with just 1 parent
- be born to a parent who is a teenager.



Adults with intellectual disabilities are less likely to be:

- married
- in a **civil union**.



A **civil union** is a legal relationship that is a lot like being married.



If people with intellectual disabilities do marry they are more likely than other people to get a **divorce**.

A **divorce** is when you stop being married.

# Safety



People with intellectual disabilities are 3 times more likely to be **victims of crime** than other people.

**Victims of crime** are people who have **crime** done to them.



**Crimes** are things people do that:

- break the law
- you can be arrested for.



Examples of things that are crimes are:

- hitting someone
- stealing something.





Children with intellectual disabilities are also more likely to see **family violence** than other children.

**Family violence** is when a person in a family hurts another person in the family.



Children with intellectual disabilities are more likely to be **placed in care** than other children.

When a child is **placed in care** it means the Government is in charge of looking after them.



Parents with intellectual disabilities are more likely to have their child placed in care than other parents.



Adults with intellectual disabilities are more likely to be:

- **convicted** of a crime
- sent to prison.



If you are **convicted** of a crime it means the court says you broke the law.

## How things are for different people with intellectual disabilities

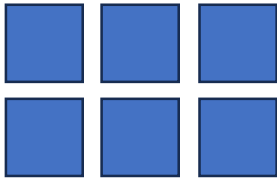


Most of the research looked at how things for people with intellectual disabilities are different to things for people without intellectual disabilities.



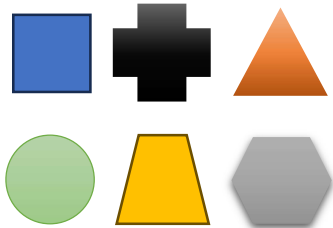
Things can also be very different for different people with intellectual disabilities.

For the different indicators we looked at:



- if things are nearly the same for most people with intellectual disabilities

or



- if things are very different for most people with intellectual disabilities.

We looked at how things for people with intellectual disabilities are different by:



- age
- gender
- ethnic group.



**Gender** is if you are:

- a man
- a woman
- another gender like non-binary.



**Ethnic groups** are groups of people like:

- Māori
- Chinese
- Pākehā / New Zealand European.

## More information



There is more information:

- in the full report
- on our website in a way that lets you look at the information in different ways.



The full report is not in Easy Read.

You can find the full report and website at:



**<https://tinyurl.com/datadignity>**

This information has been written by  
IHC and Kōtātā Insight.



It has been translated into Easy Read  
by the Make it Easy Kia Māmā Mai  
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Ngā Tāngata Tuatahi.



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