



Údarás Náisiúnta Míchumais  
National Disability Authority

**How's it going?**

**A survey on Wellbeing and Social Inclusion in  
Ireland  
Information and Consent Sheet**



**Easy to Read Survey**



# About this survey

We would like you to answer some questions about how you live and how you feel about your community.

We want to make our communities better for everyone. Your answers could help us to do that.

If you are 18 years or older you can take part in the survey.

The answers you give are private. We do not ask you for your name or address.



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



You can ask someone to read the questions to you and help fill in the answers if you want



But they should **not** tell you which answers to pick, because we want to know what **you** think.



It would be great if you answered all the questions but if you do not want to answer a question you can choose to skip it.



Your answers are **private**. We do not ask you for your name. We put all the answers we receive together before we share them.



Please tick the box below if you are happy to take part in the survey

☐

I am happy to take part in the survey



You can ask questions about the study by emailing [research@nda.ie](mailto:research@nda.ie)



# Questions about you





1. Are you?

☐

A Man

☐

Other

☐

A Woman



2. How old are you?

Write your age in the box below.



3. What is the highest level of education you have completed?

☐

Primary School

☐

Further Education

☐

Secondary School

☐

Degree or higher



4. Do you live in?

☐

A city

☐

A town or village

☐

In the countryside



5. What kind of home do you live in?

☐

My own home. I have a mortgage

☐

My own home. I have no mortgage

☐

I rent a home from a local authority or housing body

☐

I rent a home from a private landlord

☐

I do not pay any rent for my home

☐

I live with parents or relatives

☐

Other

☐

I don't know





6. Which one of these groups do you belong to?

☐

Irish citizen

☐

EU citizen (not Irish)

☐

British citizen

☐

Refugee

☐

I have a work permit

☐

I have a student visa

☐

Asylum applicant

☐

Other



7. Which of these describes you best?

☐

White

☐

Irish Traveller

☐

Roma

☐

Black

☐

Asian

☐

More than one ethnicity

☐

Other



8. Are you?

☐

Straight

☐

Gay or lesbian

☐

Bisexual

☐

Queer

☐

Other



9. Are you?

☐

Married or in a civil partnership

☐

Widowed, divorced, or separated

☐

Living with a partner

☐

In a relationship but not living with my partner

☐

Single



10a) Do you have any children?

☐

Yes

☐

No

10b) If you said yes:

How many children  
do you have?

11. Do you have any of these?  
Tick all that you have

☐

Blindness or a vision impairment

☐

Deafness or a hearing impairment

☐

A difficulty walking, climbing stairs, reaching, lifting, or carrying

☐

An intellectual disability

☐

A difficulty with learning, remembering, or concentrating

☐

A mental health difficulty

☐

A difficulty with pain, breathing, or an illness that has lasted a long time.

12. Do you have difficulty with any of these?



**Yes, a  
lot**



**Yes, a  
little**



**No**



a) Dressing,  
bathing or  
getting around  
inside the  
home

☐☐☐

b) Going outside  
the home alone  
to shop or visit a  
doctor's surgery

☐☐☐

c) Working at a job  
or business or  
going to school  
or college

☐☐☐

d) Taking part in other  
activities, for  
example, leisure or  
using transport

☐☐☐



13. Are you a wheelchair user?

☐

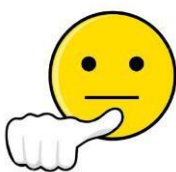
Yes

☐

No



14. How is your health in general?



5

4

3

2

1

--	--	--	--	--	--	--	--	--	--	--	--	--

Very good

Good

Fair

Bad

Very bad

## 15. What is your work situation?

☐

I am an employee

☐

I am self-employed  
I have my own business

☐

I am a student

☐

I am retired or get a pension

☐

I am unemployed or looking for work

☐

I cannot work due to a sickness or  
disability

☐

I look after my family or home full-time

☐

Other



# Questions about how you live





16. Do you own or use a mobile phone with the internet on it?

☐

Yes

☐

No

☐

I don't know



17. Do you use smart home devices, for example, Alexa or Google Nest?

☐

Yes

☐

No

☐

I don't know

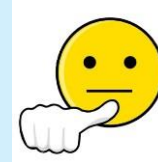
18. How easy or difficult is it for you to get to these places?  
Think about access, opening times and where they are.



**Easy**



**Difficult**



**Ok**



a) Bank or Post Office

☐
☐
☐


b) Public transport, for example, bus, train, tram

☐
☐
☐


c) Cinema or theatre

☐
☐
☐


d) Park or green space

☐
☐
☐

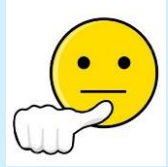
18. How easy or difficult is it for you to get to these places?  
Think about access, opening times and where they are.



**Easy**



**Difficult**



**Ok**



e) Shop or supermarket

☐
☐
☐


f) Recycling service

☐
☐
☐


g) GP or health centre

☐
☐
☐



19. Say if you agree or disagree with these statements.

(a) I live in a safe area



5

4

3

2

1



Strongly agree

Agree

Don't agree or disagree

Disagree

Strongly disagree

(b) There are enough places in my area to meet up with other people



5

4

3

2

1



Strongly agree

Agree

Don't agree or disagree

Disagree

Strongly disagree





19. Say if you agree or disagree with these statements.

(c) There are enough leisure and sports facilities in the area where I live



5

4

3

2

1



Strongly agree

Agree

Don't agree or disagree

Disagree

Strongly disagree

(d) I have lots of family and friends that live near me



5

4

3

2

1



Strongly agree

Agree

Don't agree or disagree

Disagree

Strongly disagree



20. In the last six months, have you done any volunteer work through or for an organisation?

☐

Yes

☐

No

☐

I don't know



21. Are you managing to pay your bills?

☐

Yes

☐

It is hard to pay the bills sometimes

☐

It is always hard to pay the bills

☐

I have no bills

☐

I don't know





# Questions about wellbeing and inclusion





22. How happy are you with your life?



**5**

**4**

**3**

**2**

**1**

**Very  
happy**

**Happy**

**It is okay**

**Not  
happy**

**Very  
unhappy**



23. How happy are you with your inclusion in social groups and in your community?



**5**

**4**

**3**

**2**

**1**

**Very  
happy**

**Happy**

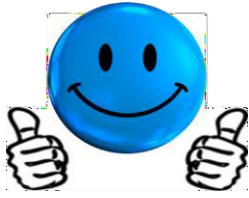
**It is okay**

**Not  
happy**

**Very  
unhappy**



24. Are you looking forward to the future?



5

All the time

4

Often

3

Some of the time

2

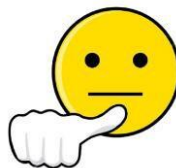
Not very often

1

Never



25. Do you feel close to other people?



5

All the time

4

Often

3

Some of the time

2

Not very often

1

Never



26a) Do you feel there are things that make it difficult for you to take part in social and leisure activities?

☐

Yes

☐

No

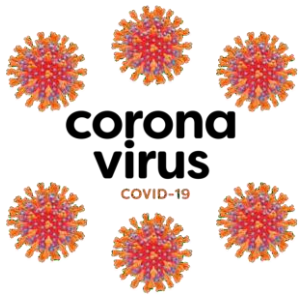
☐

I don't know



26b) If you said yes, what are the main things that make it difficult for you to take part in social and leisure

Write your answer in the box below



27. Think about COVID-19 and your mental health or wellbeing. Which one of these statements do you agree with?

☐

My mental health got worse during COVID-19

☐

My mental health got better during COVID-19

☐

My mental health stayed the same during COVID-19

28. Do you think any of these would help people to take part in society in Ireland? You can tick 3 if you want

☐

Campaigns for better mental health

☐

Campaigns for more inclusion

☐

Better job opportunities for everyone

☐

Better education opportunities for everyone

☐

More money for community supports

☐

More money in social welfare payments

☐

More accessible public transport

☐

More accessible buildings

☐

Better Broadband services

☐

Programmes to support people to use technology

☐

More people from different backgrounds in the media and advertising

☐

Other

☐

I don't know



29a) In the last 12 months, do you feel that you have been treated unfairly?

☐

Yes

☐

No



29b) If you said yes, do you think you were treated unfairly for any of these reasons?  
You can tick as many as you want

☐

Age

☐

Religion

☐

Gender

☐

Sexual orientation

☐

A health issue

☐

Social class

☐

Disability

☐

Ethnicity





30. Do you think any of these groups in Irish society find it hard to be part of the community? You can tick as many as you want

☐

Older people

☐

Travellers

☐

Roma

☐

Ethnic minorities

☐

Disabled people

☐

Lone parents

☐

Refugees and asylum seekers

☐

LGBTQ+ community

☐

Other



31a) If you lost your wallet, do you think it would be returned to you in one piece if it was found by a neighbour?



5

4

3

2

1

☐☐☐☐☐

Very likely

Likely

Not likely

Very unlikely

I don't know



31b) If you lost your wallet, do you think it would be returned to you in one piece if it was found by a Garda?



5

4

3

2

1

☐☐☐☐☐

Very likely

Likely

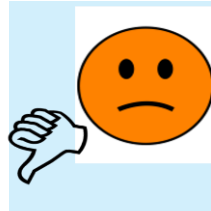
Not likely

Very unlikely

I don't know



31c) If you lost your wallet, do you think it would be returned to you in one piece if it was found by a stranger?



**5**

**4**

**3**

**2**

**1**

☐☐☐☐☐

**Very likely**

**Likely**

**Not likely**

**Very unlikely**

**I don't know**



32. How many people could you count on if you had a problem?

☐

0

☐

1 or 2

☐

Between 3 and 5

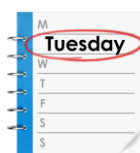
☐

More than 6

☐

I don't know

33 Do you do any of these?



**Every  
day**

**Every  
week**

**Every  
month**

**No  
never**



a) Go to  
religious  
services

☐
☐
☐
☐


b) Use the internet  
other than for work

☐
☐
☐
☐


c) Take part in sport  
or exercise

☐
☐
☐
☐


d) Take part in social  
activities like  
clubs

☐
☐
☐
☐


e) Meet or talk  
with family

☐
☐
☐
☐

Every day	Every week	Every month	No Never
--------------	---------------	----------------	-------------



f) Meet or talk  
with friends

☐
☐
☐
☐


g) Meet or talk  
with neighbours

☐
☐
☐
☐

