



Cabinet Office

# The National Strategy for Disabled People

## Survey for disabled people



easy  
read

# Introduction



The Government is writing a National Strategy for Disabled People.



This is a plan to improve the lives of disabled people.



Before we write the plan, we want to know what you think.



Please tell us what you think by answering the questions in this survey.



Your answers will help us to understand different people's experiences, so that we can make a plan that works well for everyone.

# About you

**Question 1:** How old are you? *Please tick a box*



- 16 to 24
- 25 to 34
- 35 to 44
- 45 to 54
- 55 to 64
- 65 to 74
- 75 to 84
- 85 or over
- Prefer not to say



**Question 2: Are you...**

- Male
- Female
- Prefer not to say



**Question 3: Has your gender changed since you were born? Gender means either of the 2 sexes - male or female.**

- Yes
- No - please say what gender you are



**Question 4:** What is your ethnic group?

- White
- More than one ethnic group
- Asian
- Black
- Other ethnic group

**Question 5:** Are you...



- Heterosexual or straight - I am attracted to the opposite sex
- Gay or lesbian - I am attracted to the same sex as myself
- Bisexual - I am attracted to both men and women
- Other
- Prefer not to say

**Question 6: What is your religion?**



- No religion
- Christian
- Buddhist
- Hindu
- Jewish
- Muslim
- Sikh
- Any other religion - please say

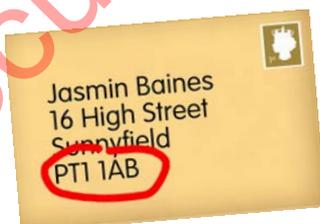
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**Question 7:** In which region of the UK do you live?



- North East England
- North West England
- Yorkshire and Humberside
- East Midlands
- West Midlands
- East of England
- London
- South East England
- South West England
- Wales
- Scotland
- Northern Ireland

or what are the first 4 letters and numbers of your postcode?



**Question 8: Are you...**



Single

Married

Separated

Divorced

Widowed

In a civil partnership

In a civil partnership but living apart

I was in a civil partnership, but it is now legally finished

I was in a civil partnership. My partner died

Living together

Prefer not to say



**Question 9:** What is your highest qualification? A **qualification** is something you get when you finish learning something.



- No qualifications
- GCSE
- A levels
- I am a student
- Degree
- Other qualification
- Prefer not to say



**Question 10:** Do you have any health conditions that will last for 12 months or more?

- Yes
- No - go to question 15
- Don't know - go to question 15
- Prefer not to say - go to question 15



**Question 11:** Did you have any health conditions when you were a child that lasted for 12 months or more?

- Yes
- No
- Don't know
- Prefer not to say

**Question 12:** Does your health condition stop you from doing some everyday things?



- Yes
- No
- Don't know
- Prefer not to say

**Question 13:** How long have you not been able to do all the everyday things you would like?



- Less than 6 months
- Between 6 months and 12 months
- 12 months or more

**Question 14:** Do any of these health conditions affect you?



Poor eyesight



Poor hearing

Difficulty moving around



Difficulty with lifting or carrying things, or using a keyboard

Difficulty with learning, understanding or concentrating



Problems with memory

A mental health condition

Problems with feeling tired

Problems with behaviour or getting on with other people



Other, please say

# About being disabled



## Quality of life

**Quality of life** is about feeling happy and healthy and able to take part in things.

**Question 15:** What 3 changes would you like to improve the quality of your life the most?





## Your home

**Question 16:** Do you, or the people you live with, own or rent the home you live in?

- Own it
- Buying it with a mortgage or loan
- Part own and part rent - shared ownership
- Rent
- I don't have to pay rent
- Prefer not to say

**Question 17:** Does the place you live meet your needs? *Please tick a smiley face*



Not at all



Not very much



A bit



Mostly



Completely

**Question 18:** How much effort is needed to get in and out of where you live?



No effort



Not much effort



Some effort



A lot of effort



A very large effort

**Question 19:** Do you have difficulty getting into any of these rooms?

Kitchen

Bedroom

Living area

Bathroom

Other





**Question 20:** In the last 5 years, have you had to make any changes to your home to help you to live independently?

- None at all - go to question 23
- A couple
- Quite a few
- A lot



**Question 21:** How did you pay for these changes?

- I got funding
- I paid for it myself
- My friends and family helped me to pay
- Other - please say



**Question 22:** Did the changes you made meet your needs, or will you need more?

- They met my needs
- More changes are needed
- The changes aren't needed any more



## Getting out and doing things

**Question 23:** Do you have difficulty using public spaces like parks and squares?



Never



Not very often



Sometimes



Often



All the time



**Question 24:** Do you have difficulty getting into buildings that members of the public should be able to use?



Never



Not very often



Sometimes



Often



All the time

**Now go to question 26**



**Question 25:** If you have not been able to get into buildings, what kind of places were these? *Tick all that apply*

- Shops and shopping centres
- Medical places - like health centres and hospitals
- Pubs, bars, restaurants and cafés
- Theatres and cinemas
- Historic places
- Museums, galleries and libraries
- Place of work
- Schools
- Music venues and nightclubs
- Places of worship
- Employment agency
- Other



**Question 26:** Are there any things you would have liked to do, but couldn't because you couldn't access the place?



- None
- A chance to learn new things
- Getting a job
- Going on holiday
- Visiting friends
- Spending time with family
- Sport
- Voluntary work
- Going to museums and libraries
- A place of work
- Theatre, cinema or arts
- Concerts and dancing
- Worship
- Other

**Question 27:** Have you had any difficulty accessing any of these public services in the last month?

*Please tick the box that applies to you.*



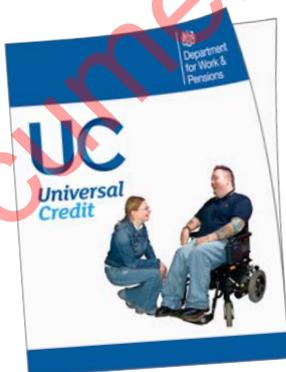
a) Health services

			
No difficulties	Some difficulties	A lot of difficulties	Not accessed



b) Courts, Police and Justice services

			
No difficulties	Some difficulties	A lot of difficulties	Not accessed



c) Benefits and pension services

			
No difficulties	Some difficulties	A lot of difficulties	Not accessed

d) Culture, sports and leisure services



			
No difficulties	Some difficulties	A lot of difficulties	Not accessed

e) Social services



			
No difficulties	Some difficulties	A lot of difficulties	Not accessed

f) Tax services



			
No difficulties	Some difficulties	A lot of difficulties	Not accessed



## Meeting people

**Question 28:** How often are you in contact with people that you don't live with?

This could include family, friends, colleagues, paid carers, professionals, service workers or the general public.



- Less than 2 times a week
- 3 to 5 times a week
- 6 to 7 times a week
- 8 to 10 times a week
- More than 10 times a week
- Don't know



**Question 29:** How often was it positive and enjoyable to be in contact with these people?



Never



Not very often



Sometimes



Often



Always



**Question 30:** How many people have you been in contact with that you don't live with you, but you are close to?

This could include family and friends.

- I haven't been in contact with anyone I'm close to this week - go to question 34
- I've been in contact with 1 person I'm close to this week
- I've been in contact with 2 to 4 people I'm close to this week
- I've been in contact with 5 or more people I'm close to this week
- Don't know



**Question 31:** How often was it positive and enjoyable to be in contact with these people?



Never



Not very often



Sometimes



Often



Always



**Question 32:** Do you agree or disagree that you have enough people close to you to get the support you need?



Strongly disagree



Disagree



Neither agree nor disagree



Agree



Strongly agree



**Question 33:** How much contact would you like to have with the people that are close to you in the future?



A lot less



A little less



About the same



A little more



A lot more



**Question 34:** Have any of these made it harder to be in contact with the people you are close to?



- COVID-19** - this is a new illness that is spreading around the world
- Not having enough time
- Having to care for someone
- Not feeling well enough
- Difficulty with transport
- The people I am close to live too far away
- I have difficulty making friends
- There is not enough help
- It is difficult to use toilets and other facilities
- I don't like busy and crowded places



I am worried about people seeing me

I am worried that I would not be welcome

I don't feel safe when I go out

Other

**Question 35a:** How often do you feel lonely?



Never



Hardly ever



Some of the time



Often

**Question 35b:** How often do you feel separated from other people?



Never



Hardly ever



Some of the time



Often

## Support



**Question 36:** Do you have any children that depend on you?

- Yes
- No
- Prefer not to say

**Question 37:** Do you receive any care yourself?

- No - go to question 42a
- Yes, less than once a week
- Yes, more than once a week
- Yes, once or twice a day
- Yes, more than 2 times a day



**Question 38:** Who provides the care for you?



- My family or friends that live with me - paid or unpaid
- My family or friends that don't live with me - paid or unpaid
- Neighbours
- Paid carers, nurses or other professionals
- Don't know

**Question 39a:** If you manage your own care, what has this been like now?



Very difficult



Quite difficult



Neither easy nor difficult



Quite easy



Very easy



I don't manage my own care

**Question 39b:** What was it like before COVID-19?



Very difficult



Quite difficult



Neither easy nor difficult



Quite easy



Very easy



I don't manage my own care

**Question 40:** Does the unpaid support you get help you to feel more or less in control of your life?



Much less  
in control



Less in  
control



Neither  
more or  
less in  
control



More in  
control



Much  
more in  
control



I don't get  
any  
unpaid  
support

**Question 41:** Does the paid support you get from services help you to feel more or less in control of your life?



Much less  
in control



Less in  
control



Neither  
more or  
less in  
control



More in  
control



Much  
more in  
control



I don't get  
any  
unpaid  
support

**Question 42a:** How do you find paying for the things you need to live now?



Very difficult



Quite difficult



Neither easy nor difficult



Quite easy



Very easy

**Question 42b:** How did you find paying for the things you needed to live before COVID-19?



Very difficult



Quite difficult



Neither easy nor difficult



Quite easy



Very easy



**Question 43:** What are the main reasons it is difficult to pay for the things you need to live?

- I don't have enough money coming in
- The things I need are costing more
- I have difficulty looking after my money
- There are extra costs because of my health or disability
- Other

**Question 44:** What is it like applying for extra money from the Government or local council to help?



Very difficult



Quite difficult



Neither easy nor difficult



Quite easy



Very easy



I haven't applied for extra money

**Now go to question 46**

**Question 45:** Who helped you to apply for extra money? *Tick all that apply*



- Family
- Friends
- An advocate or an organisation
- Other
- I did not get any help

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## Jobs and work

**Question 46:** Do you have a job at the moment?



Yes, full time - go to question 48a



Yes, part time - go to question 48a

No. I am not looking for a job



No. I am looking for a job

No. I am interested in having a job, but I'm not looking at the moment



No. I'm at college or university

Prefer not to say

**Question 47a:** Do you agree or disagree that you would like more support to find a job?



Strongly disagree



Disagree



Neither agree nor disagree



Agree



Strongly agree

**Question 47b:** Do you agree or disagree that you would like more support to keep a job?



Strongly disagree



Disagree



Neither agree nor disagree



Agree



Strongly agree

**Question 47c:** Do you agree or disagree that the way other people think about you is stopping you from working?



Strongly disagree



Disagree



Neither agree nor disagree



Agree



Strongly agree

**Question 48a:** Do you agree or disagree that you have the same chance of promotion as other people?



Strongly disagree



Disagree



Neither agree nor disagree



Agree



Strongly agree



I don't know

**Question 48b:** Do you agree or disagree that your boss makes reasonable changes to make things fair for disabled people?



Strongly disagree



Disagree



Neither agree nor disagree



Agree



Strongly agree



I don't know

## Discrimination and abuse



**Discrimination** is when you are treated differently because you are disabled.



**Abuse** is being bullied, hurt or made to feel scared. It is also when people say nasty things to you or make you do things you don't want.



**Question 49a:** Have worries about what other people think stopped you from learning new things?



Never



Hardly ever



Some of the time



Often



**Question 49b:** Have worries about what other people think stopped you from relaxing?



Never



Hardly ever



Some of the time



Often



**Question 49c:** Have worries about what other people think stopped you from going outside?



Never



Hardly ever



Some of the time



Often



**Question 49d:** Do you feel unsafe in your neighbourhood?



Never



Hardly ever



Some of the time



Often



**Question 49e:** Do you worry about being abused in public places?



Never



Hardly ever



Some of the time



Often

**Question 49f:** Do you worry about being attacked by strangers?



Never



Hardly ever



Some of the time



Often

**Question 49g:** Has anyone ever treated you badly because of your disability?



Never



Hardly ever



Some of the time



Often

**Question 49h:** Has anyone ever been very negative towards you because of your disability?



Never



Hardly ever



Some of the time



Often



**Question 49i:** Have you ever been bullied online because of your disability?



Never



Hardly ever



Some of the time



Often



**Question 49j:** Has anyone ever been violent towards you because of your disability?



Never



Hardly ever



Some of the time



Often



**Question 49k:** Do you ever feel unsafe in your home?



Never



Hardly ever



Some of the time



Often

Now go to  
question  
51

Now go to  
question  
51

**Question 50:** Why do you feel unsafe in your home?



- There isn't good access in the home
- It is difficult to get help quickly
- I'm worried about people breaking in
- I'm worried about abuse
- Other - please say

**Question 51:** Have you reported any bullying, abuse or violence because of your disability?



- Yes
- No - go to question 53a
- I have not experienced anything like this - go to question 53a
- Prefer not to say - go to question 53a



**Question 52:** How satisfied are you with what happened after you reported it?



Very  
dissatisfied



Dissatisfied



Neither  
satisfied  
nor  
dissatisfied



Satisfied



Very  
satisfied

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## Your opinions



**Question 53a:** Do you agree or disagree that other people don't care if disabled people have to wait longer?



Strongly disagree



Disagree



Neither agree nor disagree



Agree



Strongly agree



**Question 53b:** Do you agree or disagree that you can achieve what you want for your future?



Strongly disagree



Disagree



Neither agree nor disagree



Agree



Strongly agree



**Question 53c:** Do you agree or disagree that you have to accept you can't do everything you want because of your disability?



Strongly disagree



Disagree



Neither agree nor disagree



Agree



Strongly agree

## Happy with your life?

Next, we have 4 questions on how you feel about your own life. There are no right or wrong answers. We'd like you to say how you feel about each question by giving each question a mark out of 10, where '0' is not at all and '10' is completely.

**Question 54a:** Overall, how satisfied are you with life at the moment?

1 2 3 4 5 6 7 8 9 10

**Question 54b:** Overall, how satisfied were you with life this time last year?

1 2 3 4 5 6 7 8 9 10

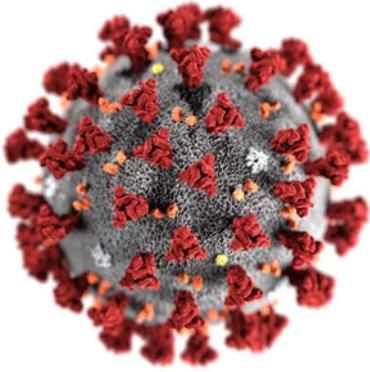
**Question 54c:** Overall, do you feel the things in your life are worthwhile at the moment?

1 2 3 4 5 6 7 8 9 10

**Question 54d:** This time last year, did you think the things in your life were worthwhile?

1 2 3 4 5 6 7 8 9 10

# Thinking about COVID-19



**Question 55:** Have any of your answers so far been affected by COVID-19?

- Yes
- No - go to question 57
- Don't know - go to question 57

**Question 56:** In which areas have your answers been affected by COVID-19?



- Your home
- Getting out and doing things
- Meeting people
- Support
- Jobs and work
- Discrimination and abuse
- Your opinions
- Being happy with my life
- Other, please say

**Question 57:** Please tell us how things are different for you now than they were before COVID-19?



A large, empty rectangular box intended for the user to provide their answer to the question.

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# Disability in the UK

**Question 58a:** Do you agree or disagree that people understand the words 'disabled person'?



Strongly disagree



Disagree



Neither agree nor disagree



Agree



Strongly agree



I don't know

**Question 58b:** Do you agree or disagree that disabled people are able to live full independent lives?



Strongly disagree



Disagree



Neither agree nor disagree



Agree



Strongly agree



I don't know

**Question 58c:** Do you agree or disagree that the way non-disabled people think about disabled people is helpful?



Strongly disagree



Disagree



Neither agree nor disagree



Agree



Strongly agree



I don't know

**Question 58d:** Do you agree or disagree that disabled people have enough money for their needs?



Strongly disagree



Disagree



Neither agree nor disagree



Agree



Strongly agree



I don't know

**Question 58e:** Do you agree or disagree that the Government gives a good amount of support to disabled people?



Strongly disagree



Disagree



Neither agree nor disagree



Agree



Strongly agree



I don't know

**Question 58f:** Do you agree or disagree that disabled people are given the chance to learn things that they need?



Strongly disagree



Disagree



Neither agree nor disagree



Agree



Strongly agree



I don't know

**Question 58g:** Do you agree or disagree that disabled people are treated the same as non-disabled people at work?



Strongly disagree



Disagree



Neither agree nor disagree



Agree



Strongly agree



I don't know

**Question 58h:** Do you agree or disagree that disabled people are given the chance to get a job that they need?



Strongly disagree



Disagree



Neither agree nor disagree



Agree



Strongly agree



I don't know

**Question 58i:** Do you agree or disagree that bosses should be flexible in the way they make workplaces good for disabled people?



Strongly disagree



Disagree



Neither agree nor disagree



Agree



Strongly agree



I don't know

**Question 58j:** Do you agree or disagree that bosses are already flexible in the way they make workplaces good for disabled people?



Strongly disagree



Disagree



Neither agree nor disagree



Agree



Strongly agree



I don't know

**Question 58k:** Do you agree or disagree that bosses are flexible for carers?



Strongly disagree



Disagree



Neither agree nor disagree



Agree



Strongly agree



I don't know

**Question 58l:** Do you agree or disagree that disabled people are given support to do well at work?



Strongly disagree



Disagree



Neither agree nor disagree



Agree



Strongly agree



I don't know

**Question 58m:** Do you agree or disagree that disabled people should get the same chance to get a better job as other people?



Strongly disagree



Disagree



Neither agree nor disagree



Agree



Strongly agree



I don't know

**Question 58n:** Do you agree or disagree that disabled people are valued at work?



Strongly disagree



Disagree



Neither agree nor disagree



Agree



Strongly agree



I don't know

**Question 58o:** Do you agree or disagree that disabled people are treated fairly?



Strongly disagree



Disagree



Neither agree nor disagree



Agree



Strongly agree



I don't know

**Question 58p:** Do you agree or disagree that disabled people are treated better than non-disabled people?



Strongly disagree



Disagree



Neither agree nor disagree



Agree



Strongly agree



I don't know

**Question 58q:** Do you agree or disagree that you would be happy to have a physical relationship with a disabled person?



Strongly disagree



Disagree



Neither agree nor disagree



Agree



Strongly agree



I don't know

**Question 58r:** Do you agree or disagree that you would like to see more disabled people standing at elections?



Strongly disagree



Disagree



Neither agree nor disagree



Agree



Strongly agree



I don't know

**Question 58s:** Do you agree or disagree that you would like to see more disabled people doing more in your local community?



Strongly disagree



Disagree



Neither agree nor disagree



Agree



Strongly agree



I don't know

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# Finally

If you feel we have missed any issues please tell us here?



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Can you suggest any ways we could make things better for disabled people?



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# How to answer



You can answer the questions online or you can return this survey by post to:



**Disability Unit Cabinet Office**  
**10 Victoria Street**  
**Westminster**  
**SW1H 0NB**

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# Support services



If you have been affected by any of the questions in this survey, these services can give you help and support:

## Mental Health Support

### Samaritans

They provide confidential support if you are finding it difficult to deal with your feelings.



Helpline: **08457 90 90 90** (24 hours a day, seven days a week)

Website: **[www.samaritans.org](http://www.samaritans.org)**

### Mind

They offer advice and support with things like mental health problems, the law and where you can get help close to where you live.



Helpline: **0300 123 3393** (weekdays 9am - 6pm)

Website: **[www.mind.org.uk](http://www.mind.org.uk)**

# Hate Crime and Bullying Support



## Victim Support

They offer help if you have been a victim of a crime or someone has hurt you, even if you have not told the police.

Helpline: **0808 16 89 111** (lines open 24 hours)

Website: **[www.victimsupport.org.uk](http://www.victimsupport.org.uk)**

## National Bullying Helpline

They provide information and support on all types of bullying.

Helpline: **0845 22 55 787** (this is not a free call, lines open: Monday – Friday 9am – 5pm)

Website:

**[www.nationalbullyinghelpline.co.uk](http://www.nationalbullyinghelpline.co.uk)**



# Loneliness Support



**British  
RedCross**

## **British Red Cross**

They provide information and support to cope with loneliness.

Helpline: If you're feeling lonely and want to speak to someone between 10am and 6pm every day, you can call the coronavirus support line on:

**0808 196 3651**

Website: **[www.redcross.org.uk](http://www.redcross.org.uk)**

Easy Read by **easy-read-online.co.uk**

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