



Be active. Be the best.



The impact of Covid-19 on disabled people's mental health and participation in sport and active recreation.

APRIL 2020 - MARCH 2021



Insight Piece



Note: Results based on a survey of 170 people involved in Disability Sport NI's Programmes from all eleven district council areas.

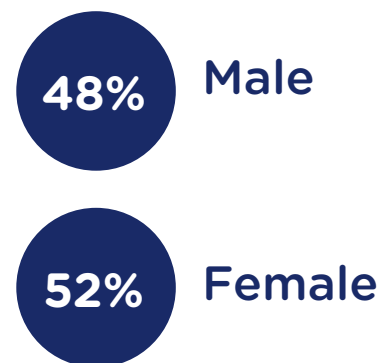
100%

Do you have a disability or long term health condition?

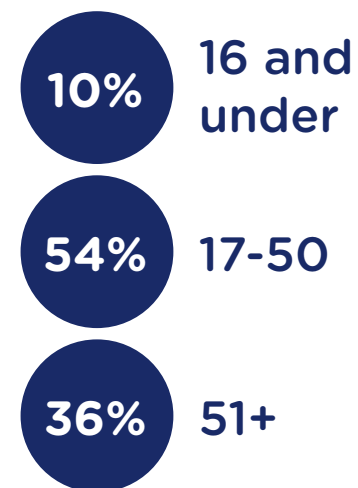
What is your disability or long term health condition?*

- 41%** Physical Disability
- 12%** Learning Disability
- 17%** Blind or Partially Sighted
- 5%** Deaf, Hearing Loss or Tinnitus
- 5%** Autism Spectrum Condition
- 6%** Diagnosed Mental Health Condition
- 23%** Long Term Health Condition
- 5%** Other

Gender:

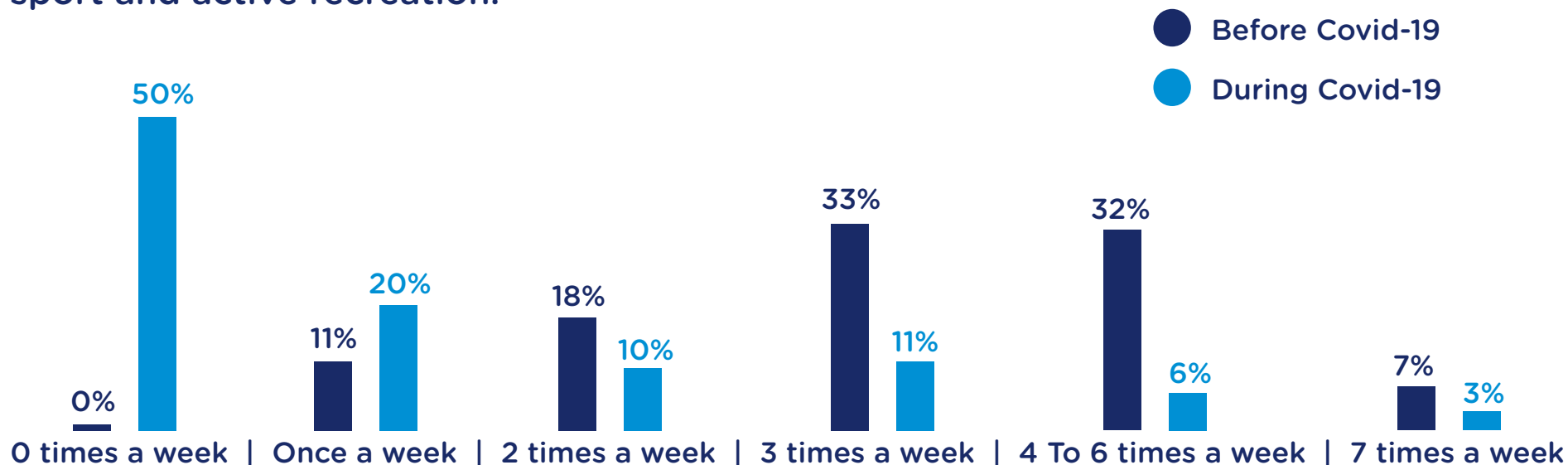


Age:



*Please note that participants could choose more than one option.

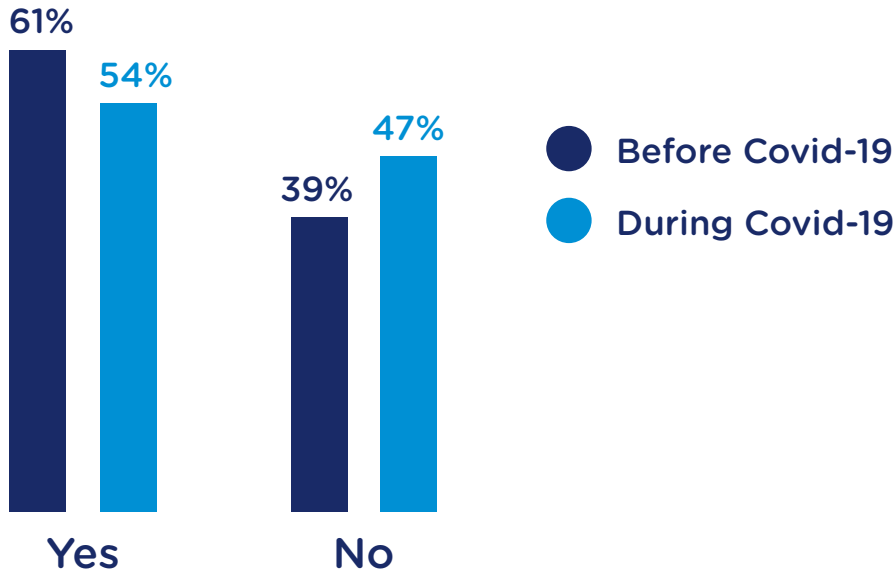
Disabled people who took part in sport and active recreation:



Due to the Covid-19 Pandemic, participants took part in sport or active recreation each week:



Member of a sports club:



81%

of disabled people feel that their mental health has been negatively impacted due to reduced levels of sport and active recreation as a result of Covid-19.

Barriers preventing disabled people from taking part in sport and active recreation more often:

- 11%** Transport difficulties
- 8%** Lack of support e.g. carer, support worker or guide.
- 25%** Lack of accessible facilities or equipment
- 15%** I'm not aware of suitable opportunities in my area
- 7%** I have no-one to go with
- 74%** Sports opportunities aren't running because of Covid-19
- 58%** Closed or limited opening of Sports facilities because of Covid-19
- 23%** I'm shielding or self-isolating because of Covid-19
- 25%** I'm anxious or worried about participating during Covid-19
- 2%** I can't afford the cost of participating
- 6%** Other