

Easy Read Report: Big Survey 24/25

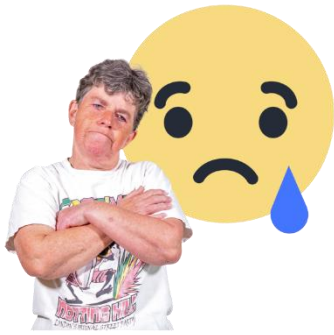
Questions



1. What do you think about it?

- Good
- Bad
- Not sure





This report may have information that some people might find upsetting.



Inclusion Gloucestershire make a survey every 2 years to look at what is important to disabled people.



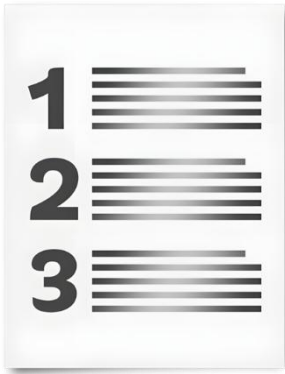
This year we wanted to see what was making disabled people happy or unhappy.



We asked disabled people to tell us what they think and how this can be made better in 2024 and the start of 2025.



A survey was made asking people how happy they are in 17 areas of their life.



The top 3 areas that were making people unhappy were then talked about in 3 focus groups.



A focus group is where a small group of people meet to talk about what they think about something.

What did we find out?



People were not happy about the help for their mental health.



There were lots of things that stopped people from getting help from different mental health services.



Sometimes meetings with doctors and people who help with mental health were not face to face.



There were no reasonable adjustments.

Reasonable adjustments are changes to how something is done that helps people with a disability get what they need.



People were waiting a long time for mental health support.



This sometimes made people feel worse.



People did not have enough time to talk about how they feel.



Some people found it hard to get a mental health appointment.



Sometimes people's mental health was not looked at even though that's what they needed help with.



People were only offered help if they were suicidal.

Suicidal is when you are thinking about killing yourself on purpose because you are finding life too hard.



People who work in mental health do not always understand disabilities.



People do not have money for therapy.



Mental health support was not focusing on the person.



Some people were happy with the help they had from family.



Some people were happy that they had medication to help with how they were feeling.

2



Discrimination was the second biggest issue.

Discrimination is being treated differently or badly because of who you are, like your religion or disability or race or other things.



People were treated badly or differently at work because of their disability.



Sometimes there were no reasonable adjustments.



There were problems getting into places for wheelchair users.



People felt that people were not nice to them because they have a disability.



People did not speak to the disabled person. People would only speak to the person with them at the time.



People were not allowed to go into places because of their disability.



People had experiences of being hurt because of their disability.



People were treated badly by some health professionals and were not believed. Health professionals could be doctors, GPs and more.



The third area that people were unhappy about was leisure.

Leisure means being able to go out and do things that they enjoy.



Activities were not accessible to some disabled people.



Some people couldn't do things that they enjoy because of pain and energy.



Transport was a problem for some people, as there was less choice for wheelchair users.



Disabled people did not have money to do things they enjoy.



People did not have support to do things that they wanted and would need someone to go with them.



There were not enough activities for disabled people.

What we think needs to change:



Services need to ask people about the reasonable adjustments that they need to get mental health support.



People should think about the room that the therapy will take place in.

They should think about where the room is and how big it is.



They should think about having appointments at times that are best for the disabled person.



Services should give the same support to all people and look at ways to help.



Services should provide support for travel.



Services should make appointments online or over the phone, as well as in person.



Services should visit people at home.



Talk about the mental health needs of disabled people and those with life long conditions.



Every year doctors should meet with people who have more than one health condition to talk about their health needs.



Services should share information about charities that do mental health and long-term support.



More long-term talking therapies that disabled people can use.



Autism training for mental health professionals.



Oliver McGowan Training for Mental Health Professionals.



Some General Practitioner (GP) surgeries have Mental Health Nurses. It would be good to have these in all GP surgeries.



Share good experiences of support from mental health services.



Have patient advocates in health settings to make sure that the disabled person's voice is heard.

An advocate is someone that can speak up for you.



Offer support from helplines for people waiting for mental health support.



Find out the mental health needs of carers of children with special educational needs and disabilities (SEND).



Disability Awareness Training for bus drivers and transport workers.



Include information on all disabilities, reasonable adjustments and problems disabled people face when using public transport.



Offer travel training for people who are not confident to travel on public transport alone.



Share information on social groups where people can feel less alone.



Share free activities for disabled people.



Share the 'Fix my Street' website where people can report issues like potholes and broken pavements.



Look at how easy the Fix my Street website is to use.



Training for health professionals on the impact on disabled people of not being able to do things they enjoy.



Look at how to make activities accessible to disabled people.



Gloucestershire County Council (GCC) to look at supporting the cost and availability of accessible taxis.



Promote accessible activities with services.



Give employers the information and understanding to help support disabled people at work.

Employers are people that give people jobs.



Employers should ask about reasonable adjustments before an interview.



Job adverts should be accessible.



Employers should offer phone or video interviews.



Employers should give questions to people before the interview.



Share how Inclusion Gloucestershire work with people and hire people.



Help people understand their rights and how they can talk about discrimination at work.



Share ways to make work accessible for autistic people.



Share this report with people who took part and wanted to hear what we found out.



Share what we have found out with the people who can make changes.



This will help people know what disabled people are feeling right now.



Work with new services and one's that we already work with to help support disabled people's worries or problems.