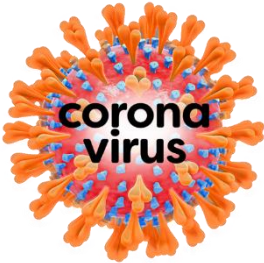


## How people living in Camden and Islington are feeling during Covid



We want to know how people are feeling during Covid



Your feedback can help us plan and offer better support in the future



During summer 2020 we spoke with people through group interviews

We also sent out surveys

We spoke with people from lots of different backgrounds



- people with physical disabilities
- people with learning disabilities
- young people
- and carers

## What do people think about Covid?



Most people are worried about catching Covid

Some people don't want to go to their doctors or to the hospital because they're scared of catching Covid



Most people are worried about their physical and mental health



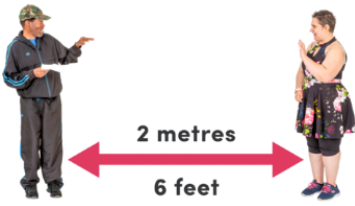
Some people are worried about the future, their job and money



Some people think Government advice is hard to understand



Some people don't know how to keep safe from Covid



Some people are worried that not everyone is following social distancing



Some people don't know how to get a Covid test



Most people feel connected to friends, family and neighbours



Voluntary and community groups have an important role supporting vulnerable people

# What do people with learning disabilities think about Covid?



## Face masks

Some people with certain medical conditions find it hard to wear a face mask



Some people don't know how to get an **exemption card** that lets other people know they don't have to wear a mask



Some people think masks cost too much money

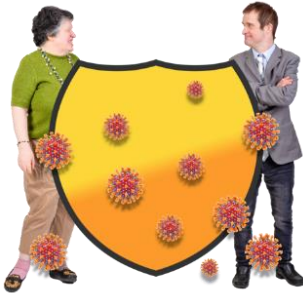


Some people think that masks should be free to certain groups

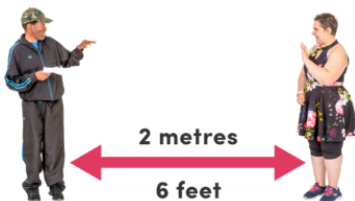
## Feeling at risk of getting Covid

Many people feel at high risk of getting Covid

- they feel at risk because they have a health condition and their doctor told them to shield



- or because other people are not following social distancing rules in their area



- some people aren't accessing services like foodbanks because they feel at high risk of getting Covid



## Support and information

Most people ask family members to explain Covid information to them



Some people watch the news or YouTube as they can't read or don't have information in easy read





This can sometimes be confusing if they don't understand what is being said



Some people don't know how to get support they can get – like food parcels or exemption cards

### Family and household



Some people are living with their elderly parents and are worried about giving them Covid

Some people are looking after their parents but do not have any support to do this

### Impact on wellbeing



Many people felt isolated and lonely when services and social groups had to close during lockdown

- some people felt like they had nowhere to go and no one to talk to
- some people suffered from depression, stress and anxiety
- services like Centre 404, Elfrida Society and Mencap helped many people during this time



## Impact on social life



People were sad they couldn't go to day services and support groups to see friends during lockdown



Volunteer roles were stopped and some people felt that they lost their routine



Some organisations helped people feel connected by running virtual activities like quiz nights, radio sessions and drama

## Where we need more support



We need to let people know what support they can get if they want it



We need to offer more support to help people with their wellbeing, health and fitness



## How we can support people with learning disabilities during Covid



We can make all information and guidance on Covid available in Easy Read



We can provide people with information about what support is available during Covid



We can provide people with information about support networks so they have someone to speak to if they feel sad or worried



We can make an action plan to support people during Covid by working alongside parents, carers, people with LD and local organisations