

# Research Report



## **Disability Needs Survey: Review of prevalence across Guernsey and Alderney**

**Prepared for: States of Guernsey**

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**Prepared for: States of Guernsey**

**Prepared by: BMG Research and the University of Nottingham**

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

Project: 8680

Registered in England No. 2841970

Registered office:

7 Holt Court North  
Heneage Street West  
Aston Science Park  
Birmingham  
B7 4AX  
UK

Tel: +44 (0) 121 3336006

UK VAT Registration No. 580 6606 32

Birmingham Chamber of Commerce Member No. B4626

Market Research Society Company Partner

British Quality Foundation Member

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# 1 Introduction

## 1.1 Background

In November 2011, the States of Guernsey commissioned BMG Research and The University of Nottingham to conduct a programme of research exploring the needs of disabled islanders and the family members and friends who care for them. The research covered Guernsey and Alderney.

This report is a summary of the findings of the first stage of the research, which explores the prevalence of disability across the two islands.

The purpose of Stage one is to determine the number of people living with long-term health conditions or disabilities on the islands, as well as the number of carers. It gives an indication of the overall size of the disabled population; the state of their health and wellbeing; and the challenges or barriers they face in day-to-day life.

It is most important to register that the definition of disability for the purposes of this research as commissioned by the States is much broader than the likely general perception of disability. The objective of the research was to capture what proportion of islanders experience some difficulty due in several cases to what some members of the public may not have previously strictly considered as 'disability issues'. Thus the extent and scale as reported in the research is not to be confused with reporting numbers of 'disabled' people as traditionally perceived.

This report will be followed by a second-stage report, which looks at the experiences of disabled people, and those who care for them, in greater detail.

This programme of research will provide up-to-date, local evidence on the situation of disabled islanders and carers in Guernsey and Alderney. It will be used to assess whether current services are meeting people's needs, and will inform long-term plans intended to support disabled islanders, including a comprehensive Disability and Inclusion Strategy and a Supported Living and Ageing Well Strategy.

## 1.2 Key findings

Key findings are:

- One in five people (21% Guernsey and 19% Alderney) have a disability; that is, have a long-term condition that affects their day-to-day life. This gives an estimate of 13,742 people with a disability on the islands.

Estimates of disability vary by the measure used. Nonetheless, an estimate of a fifth is not too dissimilar to some UK estimates. Using different approaches, there are an estimated 18% of people with a limiting long-standing illness in Great Britain and 19% covered by the disability provisions of the Equality Act 2010.<sup>1</sup> However, it is lower than the 29% (using a different measure) reporting at least one limiting impairment or chronic health condition.

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<sup>1</sup> DWP (2013) *Fulfilling Potential Building a deeper understanding of disability in the UK today*, London: DWP, pp.10-11.

- One in four households (27%) contains at least one person with a disability, and this equates to an estimated 7,352 households across Guernsey and Alderney.
- Households with disabled people are not evenly spread across the island. By Parish the proportions range from 16% in Torteval to 49% in Forest. This uneven distribution may have implications for the location of support services.
- The prevalence of disability is known to increase with age, hence rates range from 10% for those aged under-16 years to 38% for those aged 67 and over. However, the rates are relatively steady between the ages of 16 and 54, only increasing to 25% for the 55 to 66 age group.
- Gender differences mean that from the age of 55 onwards there are more disabled women than men.
- Overall, the four most common conditions (in order) are: those affecting the legs or feet, the neck or back, heart or blood pressure and mental well-being. The majority (62%) have a medical diagnosis for their condition.

Individuals may have more than one condition; and three-quarters (74%) are affected by more than one condition. Forty-five per cent of people with a physical condition have a condition that affects their limbs, neck or back, 30% have a condition that affects their hearing, speech or sight, and 36% a condition that affects an internal organ.

Young people aged under-16 are more likely to be affected by speech impairments (29%). Possibly reflecting access to diagnostic services, Autism (including Asperger's Syndrome) and Attention Deficit Hyperactivity Disorder affect a quarter (26%) of under-16 year olds. Rates were also highest for boys. Indeed, more generally, boys have a higher prevalence of learning disabilities and conditions that affect mental well-being.

Mental wellbeing most affects people aged 16 to 44, and the number of people with a mental illness peaks at ages 35 to 44 (35%).

The three most prevalent conditions affecting older disabled people (especially those aged 67 and over) are those that affect their legs or feet, heart or blood pressure, and neck or back. Older women are more likely than older men to have conditions that affect their arms and hands, whilst the latter are more likely to be affected by diabetes or their chest or breathing.

Overall more women than men have long term conditions that affect their neck, back, arms or hands.

The proportion of people in social housing with a long-term condition is higher than it is for other tenures. For example, of social tenants with a long-term health condition, a third (36%) report having a mental illness compared to a quarter (25%) privately renting and a fifth (18%) of owner occupiers.

In keeping with well-established findings, those with a long-term condition looking for work were more likely to report a mental illness (54%) than those in employment (23%) or retired (11%).

- People's conditions were reported as having a major impact on their lives. Whilst 21% of those self-reporting a disability reported no difficulties in undertaking day-to-day activities, 25% reported some difficulties and 29% significant difficulties.<sup>2</sup> This suggests that in Guernsey and Alderney 7,395 people with long-term conditions experience some form of difficulty in carrying out day-to-day activities, such as preparing food or participating in employment.

Of those with specific long term conditions, those mainly self-assessing it as 'severe' were those with: epilepsy (46%), fibromyalgia (43%), diabetes (33%), cancer (32%) and other conditions (31%) (principally arthritis). In addition, 20% of those with mental illness said it was severe. Overall, those with diabetes are more likely than those with other conditions to assess it as 'moderate' or 'severe'.

Moreover, conditions that were seen as affecting individuals 'a lot' were: conditions affecting legs or feet (43%), mental well-being (38%), stomach, kidney, liver or digestion (32%) and speech (30%).

Overall, higher proportions of people with long-term conditions report difficulty doing things outside the home (getting around – 23%; doing the food shopping – 22%) than doing things for themselves at home (eating and drinking – 6%; personal care – 13%). A quarter of people (26%) have difficulty concentrating or remembering, and a fifth (20%) have difficulty communicating.

In terms of social inclusion, people with long-term activities found taking part in social activities and sports (16%), finding a job (12%) and making friends (10%) the most difficult. Although taking part in family life is possible for most, it is problematic for a minority (4%). Those aged 16 to 24 face a number of difficulties, notably finding a job (34%), keeping friends (22%), taking part in social activities and sport (21%), taking part in education or training (20%) and using transport (19%). Older disabled people (aged 67 and over) face most difficulty with using transport (12%).

- Most (43%) of those with a long-term condition are in employment – 29% in full-time employment, 12% in part-time employment and 3% in self-employment. Only a small minority (3%) are unemployed and looking for work. A quarter (27%) have retired. A tenth (10%) are in education or training.
- Disabled people have lower levels of emotional well-being than non-disabled people. The Warwick-Edinburgh Mental Wellbeing Scale was completed by household and shows that those with long-term health conditions have lower levels of emotional well-being than those without. The largest difference is for feeling cheerful (47% compared to 73%), and smallest for feeling interested in other people (56% compared to 64%). Low scores for well-being are associated with those with a mental health condition, communication difficulties, and learning difficulties, as well as sharing a home with a carer, living on your own or in large households (five or more people).

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<sup>2</sup> 26% did not provide a response.

- Disabled people are in receipt of some support services, principally professional/State services. Over a quarter of those with a long-term condition (28%) access health and social care services, a tenth receives Supplementary Benefit (13%) and a tenth other social security benefits (13%). Nonetheless, 15% rely on unpaid care and support.
- One in ten (8%) households include at least one person who provides informal/unpaid care to a member of the household. Most of these carers (62%) live in the same house as the person they provide care for. A quarter (26%) provides care for more than 35 hours per week.
- The estimates of the prevalence of disability are very robust. Analyses of selected socio-economic characteristics of all households are very similar to findings from other survey sources.



## 2 Profile of the sample

### 2.1 Introduction

This section gives an overview of the profile of the people who responded to the survey. It includes their household composition, the location and the tenure type of the respondents, and the ages and genders of all people covered by the survey.

Note that the data has been weighted by age, gender and tenure to ensure that it broadly reflects the profile of Guernsey and Alderney by these characteristics. The profile figures in the following charts are, therefore, based on the weighted proportions.

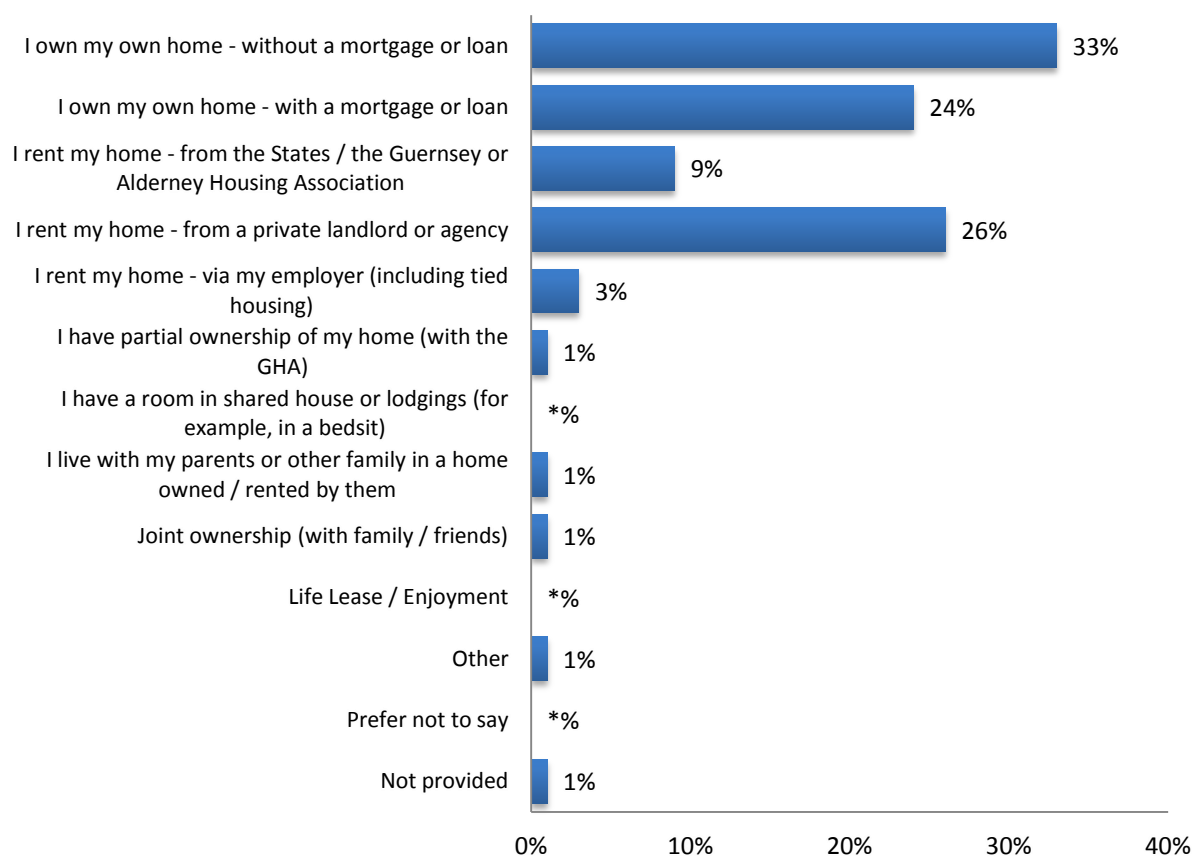
### 2.2 Geographic profile

A total of 2,055 households responded to the “Health, Wellbeing and Social Inclusion” survey at Stage 1. This included 1,963 returns from Guernsey (a response rate of 32%) and 92 from Alderney (a response rate of 27%).

### 2.3 Tenure

Of the households which responded, 33% live in homes which are owned without a mortgage or loan – in Alderney, this increases to 41%. A further 24% of all households own their home with a mortgage or loan, 26% rent from a private landlord and 9% live in social housing. The tenure figures reported in Guernsey’s Annual Housing Stock Bulletin show 62% as owner occupied, 26% as rented and 8% as social housing.

**Figure 1: Which of these best describes your home? (All households)**

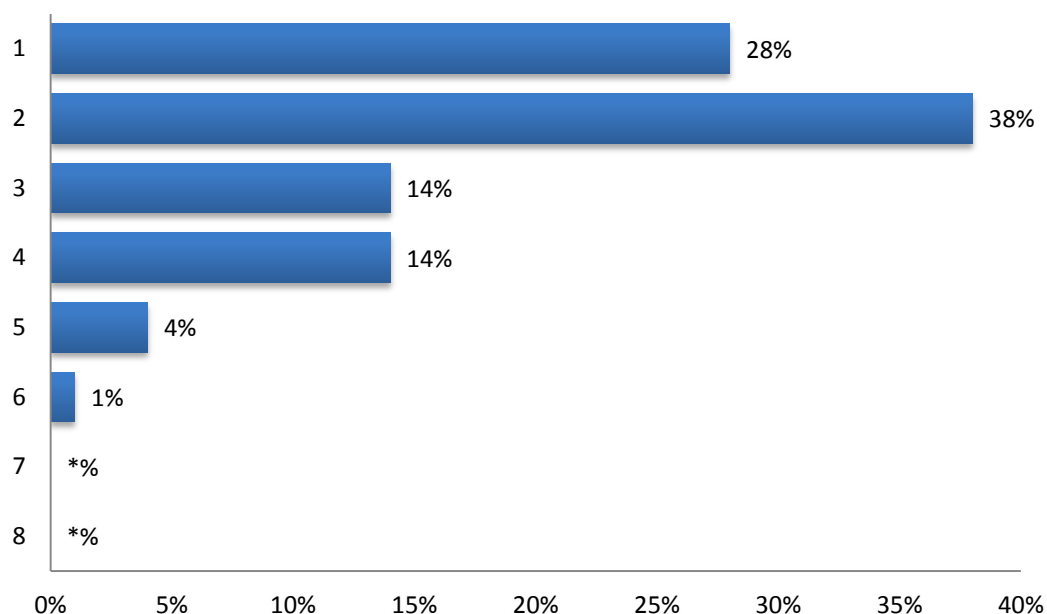


Unweighted base: 2055

## 2.4 Household composition

Over a quarter of households (28%) that responded to the survey have just one occupant. The largest proportion of responding households (38%, or nearly 4 in 10) has two people living in them<sup>3</sup>. There are a greater number of small households in Alderney: 35% of Alderney respondents live in 1-person households (cf. 28% in Guernsey) and 51% live in 2-person households (cf. 38% in Guernsey).

**Figure 2: How many people (including yourself) live in your household? (All households)**



Unweighted base: 2055

<sup>3</sup> The 2011 Housing Needs Survey (<http://www.gov.gg/CHttpHandler.ashx?id=79858&p=0>) found that 25% of households were one-person households, 30% were couples (2 adults) and 40% were families. In this survey, we simply asked for the number of people living in the household, so some of our two-person households may involve a parent and a child, or two adult friends (not a couple).

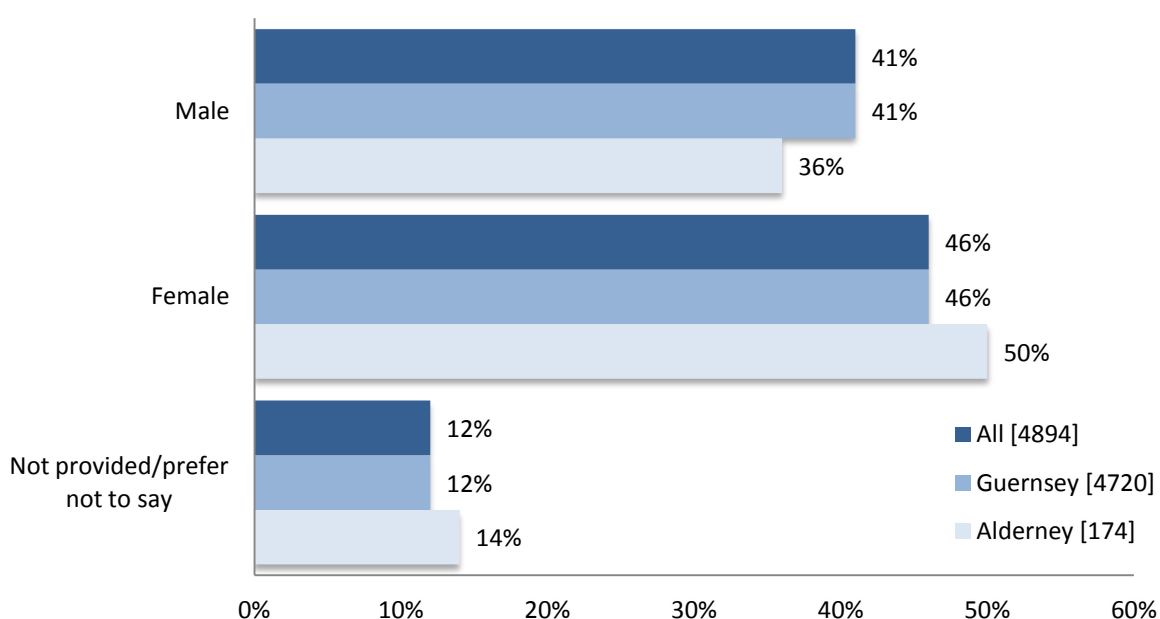
## 2.5 Demographic profile

The 2,055 households which responded to the survey contain a total of 4,894 people. This works out as an average of 2.4 people per household. 4,720 of the people were in Guernsey and 174 were in Alderney.

### 2.5.1 Gender

The following chart shows that 41% of the people covered by this survey are male and 46% are female. One in nine (or 12%) of people did not give their gender details. In Alderney, there are more female respondents (50%) compared to male respondents (36%).

**Figure 3: Gender (All people)**



Unweighted bases in parentheses

If the people who did not provide gender information are removed from the sample, and the data is rebased accordingly (based on valid responses), the sample is seen to be made up of 47% males and 53% females. This is very much in line with the known population profile of Guernsey and Alderney by gender (51% female and 49% male<sup>4</sup>), which therefore indicates the reliability and robustness of the data.

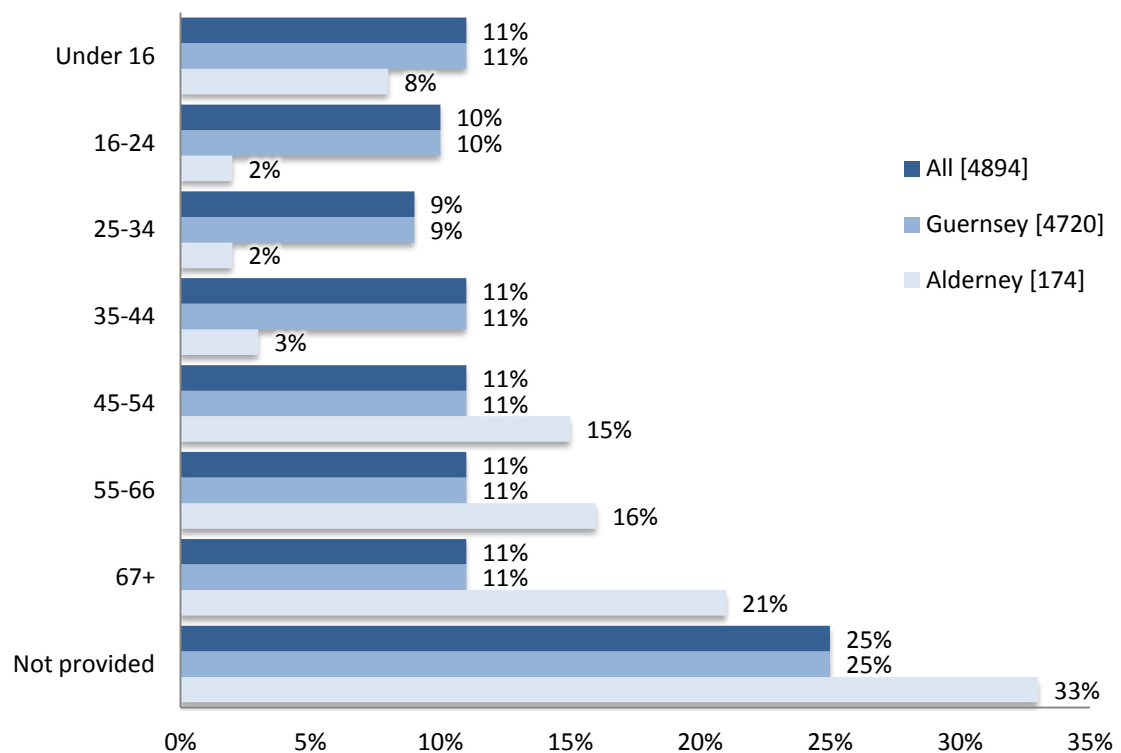
<sup>4</sup> Guernsey Annual Population Bulletin (31<sup>st</sup> March 2011): [www.gov.gg/population](http://www.gov.gg/population)

### 2.5.2 Age

Respondents were asked to select an age band for each of the people in their household. There were 7 age bands: Under 16, 16-24, 25-34, 35-44, 45-54, 55-66 and 67+ (see Appendix 2).

There is a broad spread of age groups in the sample. There is a larger proportion of older people in the sample from Alderney compared to Guernsey; 37% of the Alderney sample are aged 55+ (cf. 22% in Guernsey); whilst just 15% are aged up to 44yrs (cf. 41% Guernsey).

**Figure 4: Age (All people)**



Unweighted bases in parentheses

### 2.5.3 Age and gender

The sample is made up of a larger number of older females (604 aged 55+ cf. 498 males aged 55+).

**Table 1: Age and gender profile of the sample (number) (All people)**

	Male	Female
<b>Under 16</b>	289	262
<b>16-24</b>	233	243
<b>25-34</b>	226	216
<b>35-44</b>	257	294
<b>45-54</b>	256	296
<b>55-66</b>	253	298
<b>67+</b>	245	306
<b>Not provided</b>	1,220	

If the people whose age and gender were not provided are taken out of the sample, the data can be rebased and compared against known population figures for Guernsey and Alderney<sup>5</sup> (valid responses). There are few notable differences.

**Table 2: Age and gender profile of the sample in comparison to the age profile of Guernsey and Alderney as a whole (All people – based on valid responses)**

Age	Survey sample	Population of Guernsey and Alderney
<b>Under 16</b>	15%	15%
<b>16 to 24</b>	13%	13%
<b>25 to 34</b>	13%	13%
<b>35 to 44</b>	15%	15%
<b>45 to 54</b>	15%	15%
<b>55 to 66</b>	15%	15%
<b>67 and over</b>	14%	15%
<b>Male</b>	47%	49%
<b>Female</b>	53%	51%

<sup>5</sup> Guernsey Annual Population Bulletin (31<sup>st</sup> March 2011): [www.gov.gg/population](http://www.gov.gg/population)

## 3 Prevalence of disability

### 3.1 Defining Disability

The UN Convention on the Rights of People with Disabilities uses the following definition of disability:

*“People with disabilities include people with long-term physical, mental, intellectual or sensory impairments which in interaction with various barriers may hinder their full and effective participation in society on an equal basis with others.”*

In other words, disability has three important characteristics:

- It affects people who have physical, mental, sensory, intellectual and other health conditions and impairments;
- It is partly or fully caused by the circumstances and attitudes which surround this group of people;
- It prevents people from fully participating in society and the relevant comparator for assessing whether this occurs is a person without a disability.

This definition of disability is used as the basis of Guernsey’s Disability and Inclusion Strategy. The definition is based on the ‘social model’ of disability – the idea that there are some things disabled people cannot do because society does not accommodate them. The definition refers to ‘long term’, and in the UK this can be taken to mean a period of 12 months or more. However, policy recognises that there are some conditions, such as cancer, where on diagnosis the individual can immediately be regarded as likely to be at risk of experiencing disability. Note: this definition may differ to that used in previous or future research across Guernsey and Alderney, and therefore caution is required when drawing comparisons.

### 3.2 Asking questions about disability

In order to establish a clear picture of the level of disability which exists in Guernsey and Alderney, the survey asked three kinds of questions:

1. Questions about **people’s physical and mental state** – long-term health conditions, physical or sensory impairments, mental ill-health, learning difficulties or disabilities, etc.
2. Questions about **‘functional limitations’** – things that people find hard to do as a direct result of their physical or mental state.
3. Questions about **external barriers** – things like inaccessible public transport, or lack of suitable support – which limit people’s opportunities or ability to be self-sufficient.

The combination of these three kinds of questions gives an overall picture of the size of the disabled population in Guernsey, the degree of an individual’s disability and the combination of personal and social factors which affect people’s day-to-day lives.

### 3.3 Measuring the degree of disability

It is useful to be able to explore the prevalence of conditions reported in Guernsey and Alderney by the level of difficulty the condition imposes upon individuals. Given the use of the 'social model' definition of disability, a method of measuring the degree of the disability has been developed to take account of the ability of the person to undertake daily activities, such as preparing food, getting around outside the house and participating in employment or education. Each person with a disability has been defined in one of three categories:

- **No difficulty:** where the person indicates they have 'no difficulty' with every one of the 19 measures included within questions 17 and 18 of the questionnaire.
- **Some difficulty:** where the person indicates they have 'some difficulty' with at least one of the 19 measures included within questions 17 and 18 of the questionnaire, yet does not indicate they have 'a lot of difficulty' or they 'can't do it at all'.
- **Significant difficulty:** where the person indicates they have 'a lot of difficulty' or 'can't do at all' at least one of the 19 measures included within questions 17 and 18 of the questionnaire.

### 3.4 How the questionnaire was structured

After the basic questions on household size, tenure, age, gender and place of origin, respondents were asked:

Are you or anyone in your household affected by any of the following?

- Mental health condition
- Chronic illness
- Brain injury
- Hearing or sight impairment
- Learning difficulty
- Mobility impairment
- Severe back pain
- Disfigurement
- Autism
- Speech or communication difficulty

...or any other long term or substantial health condition which has lasted (or will last) at least 12 months?



The list of conditions was intended to act as a prompt to respondents who might not label themselves “disabled”, but who have a long-term physical or mental health condition or an impairment of any kind<sup>6</sup>.

Those who answered ‘yes’ were directed to a set of questions about disability, while those who answered ‘no’ were redirected to the end of the questionnaire, where they answered a few questions on emotional wellbeing to finish with. If more than one person in the household was disabled, it was possible to answer the same set of questions for up to three different people.

After this initial filtering question, respondents who answered ‘yes’ were asked:

- If they have problems relating to any part of their body, including internal organs, or their mental wellbeing **and** if they have any known conditions or diagnoses;
- If they have any difficulty carrying out various important day-to-day tasks;
- If they have any difficulty taking part in the wider community.

The replies to the first set of questions give a robust set of data on the type and extent of long-term conditions which people in Guernsey and Alderney have. This can be used to inform the States’ long-term planning in many different ways.

The replies to the last two sets of questions begin to outline the personal and social factors which affect disabled people’s day-to-day lives. These will be explored in greater detail in Stage two of the research.

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<sup>6</sup> In another recent survey, the 2011 Guernsey Housing Needs Survey (<http://www.gov.gg/CHttpHandler.ashx?id=79858&p=0>), respondents were asked whether “any member of the household suffers from any long-standing health problems...” An exploration of the relationship between these two questions, and any comparisons that can be drawn from the answers to each one, is given in Appendix 4.

## 3.5 Prevalence of disability in Guernsey and Alderney

### 3.5.1 Total number of disabled people

778 people (out of 3,674 people that replied to this survey) have a long-term condition which affects their day-to-day life<sup>7</sup>. This is 21% (2 in 10) of the sample.

The total population of Guernsey and Alderney is 64,379. We can extrapolate that 13,742 people in the islands have a long-term health condition that affects their day-to-day lives.

**Table 3: Percentage of people with a long-term condition; estimated total number on each island (All people – based on valid responses)**

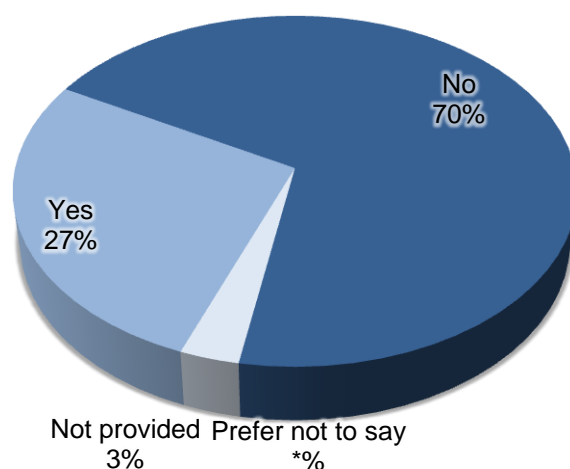
Island	% of people (sample)	Number of people (sample)	Total estimated number of people
<b>Guernsey</b>	21%	753	13,299
<b>Alderney</b>	19%	25	443
<b>All</b>	<b>21%</b>	<b>778</b>	<b>13,742</b>

### 3.5.2 Number of households with disabled occupants

353 of the 1,290 households which responded to the survey include at least one person with a long-term condition<sup>5</sup>. This amounts to just over 1 in every 4 households (27%), and compares to 29% of households found in the 2010/11 English Housing Survey. This works out as about 7,352 households in total across Guernsey and Alderney. There is no difference in the proportion of households in Guernsey and Alderney (both 27%).

<sup>7</sup> Note that respondents that did not give their age and/or gender have been excluded from the prevalence analysis. This is to ensure that the profile of the data is accurate.

**Figure 5: % of households containing someone affected by a long-term condition (All households – based on valid responses)**



Equates to estimated 7,352 households across Guernsey and Alderney

Unweighted base: 1276

The proportion of households with at least one disabled occupant ranges from 16% in Torteval up to 49% in Forest. In addition, 28% of households with at least one disabled occupant own their property without a mortgage and a further 25% own their property with a mortgage. 24% rent their home from a private landlord.

**Table 4: The proportion of households with at least one disabled occupant by Parish (All households – based on valid responses)**

Parish	% of households with disabled occupants	Unweighted base
Castel	25%	206
Forest	49%	31
St. Andrew	17%	56
St. Martin	38%	137
St. Peter Port	24%	260
St. Pierre Du Bois	20%	53
St. Sampson	33%	181
St. Saviour	42%	68
Torteval	16%	25
Vale	22%	211

### 3.6 Gender of people with long-term conditions

The next table shows the gender of people who have long-term conditions.

The table shows that there are more women and girls with long-term conditions, in total, than there are men and boys. However, the likelihood of males and females having a long term condition is mostly the same (22% females cf. 20% males).

**Table 5: Males and females with long term conditions (All people with a long-term condition – based on valid responses)**

		Proportion of respondents (of each gender) with a long-term condition	Estimated total number of islanders with a long-term condition
Guernsey	Male	20%	6,182
	Female	22%	7,117
Alderney	Male	16%	196
	Female	21%	247
Total	Male	20%	6,378
	Female	22%	7,364

### 3.7 Age of people with long-term conditions

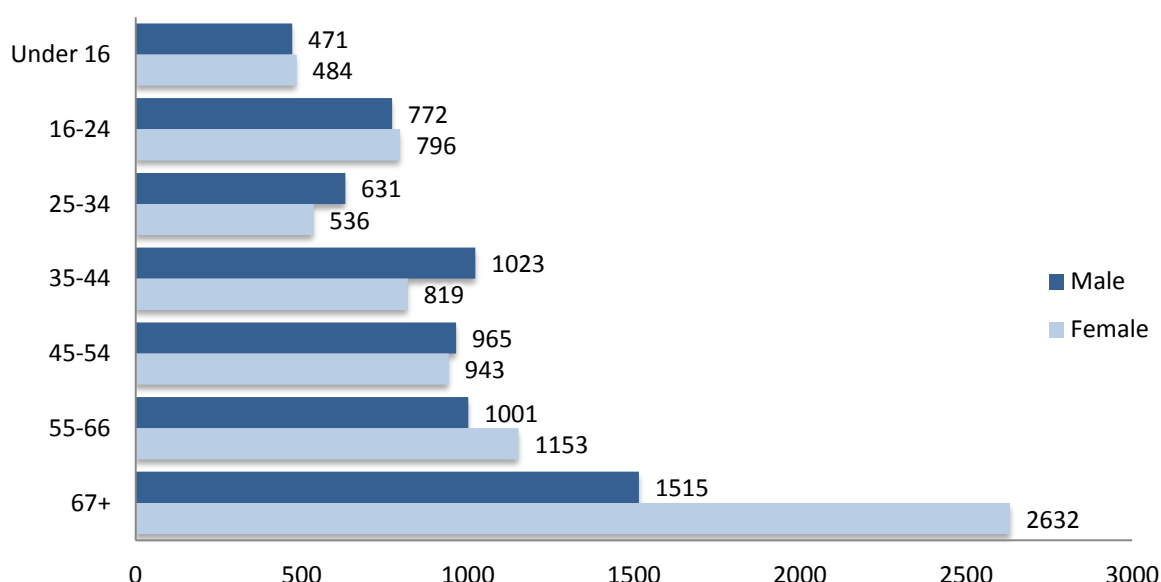
The greatest number of disabled people are aged 67 or older (almost 2 people in every 5 in this age group reports a long-term condition); but as many as 1 young person in every 10 aged under 16 also has a long-term condition. This finding is not unexpected as disability rates increase with age.

**Table 6: People with long-term conditions by age band (All people with a long-term condition – based on valid responses)**

	Proportion of respondents (in each age band) with a long-term condition	Estimated total number of islanders with a long-term condition
Under 16	10%	956
16-24	20%	1,568
25-34	15%	1,167
35-44	19%	1,842
45-54	19%	1,908
55-66	25%	2,154
67+	38%	4,147

Finally, the following chart shows that from the age of 55 onwards there are considerably more women than men with long-term conditions, especially aged 67+. This could be due in part to the fact that there are more females of this age group within the responding sample (see Table 1).

**Figure 6: Estimated number of people in Guernsey and Alderney with long-term conditions, by age band and gender (All people with a long-term condition – based on valid responses)**



Unweighted bases vary

### Insight: Older Women and Men with Long-term Conditions

From the age of 55 onwards, in terms of pure numbers, there are considerably more women than men with long-term conditions that affect their day-to-day lives.

- In the 55-66 age group, 27 women in 100 have a long-term condition, compared to 24 men in every 100.
- In the 67+ age group, 43 women in 100 have a long-term condition, compared to 31 men in every 100.

For women aged 55 and above, the three most prevalent long-term conditions are those that affect their legs or feet (50%), heart or blood pressure (42%), and a condition that affects their neck or back (37%).

For men aged 55 and above, the three most prevalent long-term conditions are those that affect their legs or feet (51%), heart or blood pressure (47%), and a condition that affects their neck or back (35%).

### 3.8 Degree of disability

The degree of disability has been measured using the definitions described in section 3.3. In total, 165 people who report a long term impairment or disability say they have no difficulty in taking part in day-to-day activities. A slightly larger number have some difficulty (193), which is an estimated 3,382 people across Guernsey and Alderney, and 229 have significant difficulty (4,013 people across Guernsey and Alderney).

**Table 7: Estimated total number of people across Guernsey and Alderney by degree of disability (All people with a long-term condition – based on valid responses)**

Degree of disability	Total number of people in the sample	Estimated total number of people across Guernsey and Alderney
No difficulty	165	2,891
Some difficulty	193	3,382
Significant difficulty	229	4,013
Not provided	191	-
Unweighted base = 753		

### 3.9 Long-term conditions and impairments

The questionnaire asked two sets of questions about physical and mental health conditions and impairments, in order to capture as much information as possible.

The first set of questions asked “To what extent (if at all) do you have a condition that affects your [body parts; senses; internal organs; mental wellbeing]?” This allows people who can describe their condition in terms of its physical or mental impact to talk about their experience. The aim of this question was to cover as wide a range of conditions as possible, in an accessible and meaningful way, without having to give a long list of diagnoses or labels.

The second set of questions asked “Do you have any of the following named conditions or impairments?” The list included conditions such as autism, depression or learning difficulties, which may be difficult to describe in terms of their physical effect. It also included conditions such as epilepsy and fibromyalgia, which are episodic and do not necessarily affect a person in the same way every day. There was also space for people to write in any conditions which were not included in the list.

#### 3.9.1 Overall prevalence of long-term conditions

Table 8 shows the number of people in the survey who have some kind of long-term condition, and an estimate of the total number of people in Guernsey and Alderney who have a similar condition. Many people have more than one of these conditions, and some of the important overlaps are explained below.

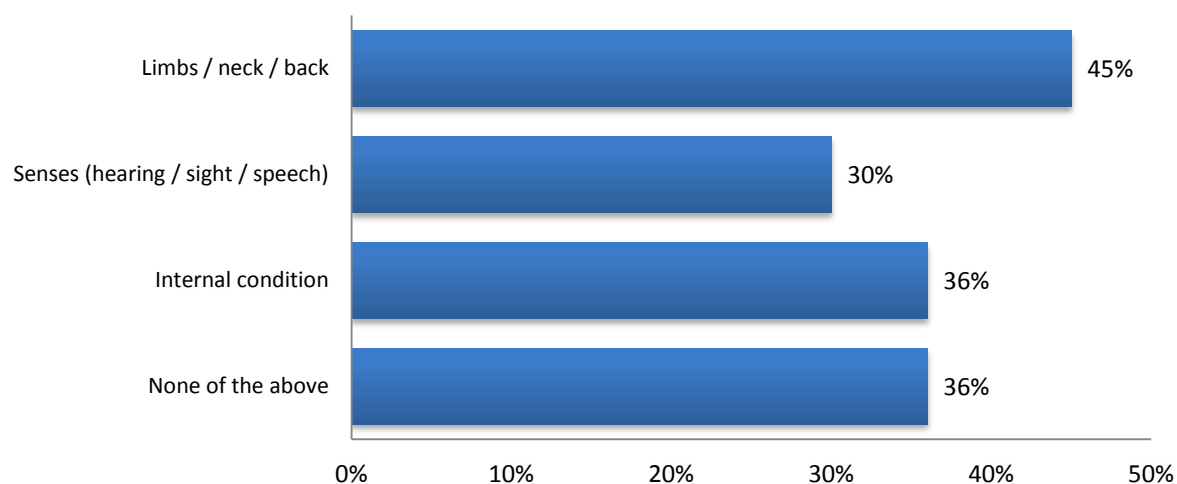
**Table 8: Estimated total number of people across Guernsey and Alderney with types of conditions (All people with a long-term condition – based on valid responses)**

Type of condition	Total number of people in the sample	Estimated total number of people across Guernsey and Alderney
Arms or hands affected	152	2,663
Legs or feet affected	260	4,556
Neck or back affected	224	929
Speech affected	53	929
Sight affected (even with glasses)	134	2,348
Hearing affected (even with hearing aids)	136	2,383
Chest or breathing affected	137	2,401
Heart or blood pressure affected	209	3,662
Skin affected (including allergies)	104	1,822
Stomach, kidney, liver or digestion affected	134	2,348
Mental wellbeing affected	206	3,610
Autism, Asperger's, ADHD	46	806
Mental illness (including depression or phobia)	174	3,049
Learning difficulty	85	1,489
Epilepsy	13	228
Diabetes	72	1,262
Alcohol or drug addiction	28	491
Cancer	26	456
Fibromyalgia (FMS)	14	245
Chronic Fatigue Syndrome or ME	19	333
Other	91	1,595
Unweighted base = 753		



Overall, 45% of people with a disability report a condition that affects their limbs, neck or back; 30% report a condition that affects their sight, hearing or speech; and 36% report a condition that affects their internal organs.

**Figure 7: To what extent, if at all, do you have a condition that affects your...? % 'a lot or a little bit' (All people with a long-term condition – based on valid responses)**



Unweighted base: 753

91 people state they have a condition that was not covered by the list of conditions provided in the questionnaire and they were invited to write in these conditions free-text. The most frequently added conditions were arthritis (32 – or 561 islanders); heart problems (21 – or 368 islanders), and breathing or lung problems (18 – or 315 islanders). A full list of the conditions which people reported having is contained in Appendix 6.

**Table 9: 'Other' types of conditions reported (All people with a long-term condition – based on valid responses)**

Type of condition	Total number of people in the sample	Estimated number of people across Guernsey and Alderney
<b>Other</b>	91	1,595
• <b>Arthritis</b>	32	561
• <b>Heart problems</b>	21	368
• <b>Breathing problems / lung problems</b>	18	315
• <b>Back / spinal problems</b>	16	280
• <b>Bowel problems</b>	14	245
• <b>Parkinson's</b>	8	140
• <b>Stroke</b>	7	123
• <b>Nervous system disorders</b>	5	88

### 3.9.2 Extent of conditions

People were asked how much their condition affected them (either ‘a little bit’ or ‘a lot’). For named conditions, people were asked if these were ‘mild’, ‘moderate’ or ‘severe’. The following two tables look at the extent of people’s physical and mental health conditions and impairments.

Table 10 shows that not only are conditions which affect the legs, feet, neck or back the most common, but a large number of those who have them report that they are affected “a lot”. Nearly 1 in 3 people report that their neck or back is affected a lot, and over 1 in 4 (43%) say the same about their legs or feet.

**Table 10: Extent of conditions affecting the body, senses and mental wellbeing (All people with a long-term condition – based on valid responses)**

Area affected	Proportion of people affected ‘a little bit’	Proportion of people affected ‘a lot’	Number of people in the sample
Arms or hands	76%	24%	152
Legs or feet	57%	43%	260
Neck or back	69%	31%	224
Speech	70%	30%	53
Sight (even with glasses)	79%	21%	134
Hearing (even with hearing aids)	79%	21%	136
Chest or breathing	75%	25%	137
Heart or blood pressure	79%	21%	209
Skin (including allergies)	87%	13%	104
Stomach, kidney, liver or digestion	68%	32%	134
Mental wellbeing	62%	38%	206

1 in 5 (20%) people with a mental illness, and 1 in 8 (13%) people with a learning difficulty, report that their condition is “severe”. Nearly 3 in 4 (79%) people with diabetes say their condition is either “moderate” or “severe”.

**Table 11: Extent of named conditions (All people with a long-term condition – based on valid responses)**

Condition	Proportion 'mild'	Proportion 'moderate'	Proportion 'severe'	Number of people in the sample
Autism, Asperger's, ADHD	39%	41%	20%	46
Mental illness (including depression or phobia)	44%	36%	20%	174
Learning difficulty	58%	29%	13%	85
Epilepsy	38%	15%	46%	13
Diabetes	21%	46%	33%	72
Alcohol or drug addiction	36%	61%	3%	28
Cancer	20%	48%	32%	25
Fibromyalgia (FMS)	29%	29%	43%	14
Chronic Fatigue Syndrome or ME	42%	47%	10%	19
Other	27%	42%	31%	91

#### **Insight: People with Diabetes**

A high proportion of people with diabetes report that their condition is either “moderate” (46%) or “severe” (33%). However, when it comes to the impact of their condition on day-to-day life, 12% have a lot of difficulty or are unable to do tasks outside the home. 11% have a lot of difficulty taking part on social activities or sports and 9% have a lot of difficulty finding a job.

### **3.9.3 People with multiple conditions**

1 in 4 (26%) people have a condition that affects only one of their body parts, senses or mental wellbeing. A far larger proportion is affected in multiple ways (74%), with 27% (over 1 in 4) of people affected in 4 or more of the ways. Those people affected in 4 or more different ways are more likely to live on their own (40%), be retired (47%) and rent from the States (45%). They are also more likely to be older (47% aged 67+). Over 3 in 5 (63%) people with a condition that affects their hearing or sight say they are affected in 4 or more ways.

1 in 3 people say they have one of the named conditions as listed in Table 11 above (33%). Just 17% have more than one of the conditions, with 12% having 2, 4% having 3 and 1% having 4 or more.

### 3.9.4 Age, gender, household tenure and employment status

This section looks at key variations in the type and extent of long-term conditions reported, together with people's age, gender, household tenure and employment status. All of these are explored in more depth in Appendix 5.

#### Age

Among the over-67s, more than half (57%) report a condition that affects their legs or feet, and 1 in 3 (33% and 31% respectively) report that their neck or back, or arms or hands, are affected. 51% of this age group report blood pressure or heart problems.

Speech is most affected among young people, with 29% of under-16s and 15% of 16-24 year olds being affected.

Mental wellbeing is most affected among people aged 16-44, and the number of people with a mental illness peaks at ages 35-44 (35%). These findings support those found in the 2010 Guernsey Emotional Wellbeing Survey<sup>8</sup>. The highest levels of autism, Asperger's and ADHD are reported among young people (26% of under-16s and 20% of 16-24 year olds), and the same is true for learning difficulties (26% for both age groups). However, these figures may reflect the availability and accessibility of diagnostic and support services for adults. If these services were more widely available then it is possible that the prevalence for older age groups would increase.

#### Gender

Autism, Asperger's and ADHD are particularly prevalent among boys aged under 16 (46% of all boys who have a long-term condition cf. only 6% of girls in the same age group).

Similarly, more boys than girls report having a learning difficulty (31% of boys under 16 with a long-term condition, cf. 20% of girls), or a condition that affects their speech (37% of boys under 16 cf. 21% of girls).

Among younger people, more boys than girls have a condition that affects their mental wellbeing (42% of boys with a long-term condition aged under 16 cf. 11% of girls).

Females are significantly more likely to have conditions that affect their neck or back (31% of all females with a long-term condition cf. 27% of males) or their arms and hands (22% cf. 17% males). This is particularly pronounced among older women: 33% of those aged 67+ with a long-term condition say that their arms or hands are affected, cf. 27% of men.

Older men are more likely to have diabetes, or a condition that affects their chest or breathing or their hearing, than women of the same age:

- 24% of men with a long-term condition aged 55-66 and 22% aged 67+ have diabetes, cf. 6% and 15% of women;
- 26% of men with a long-term condition aged 55-66 say their hearing is affected, cf. 13% of women;
- 36% of men with a long-term condition aged 55-66, and 36% of those aged 67+, report chest or breathing problems, cf. 19% and 21% of women respectively.

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<sup>8</sup> <http://www.gov.gg/CHttpHandler.ashx?id=4825&p=0>

### Household type and tenure

A number of conditions affect a greater proportion of people who live in social housing compared to people in other household types:

- 18% of people with a long-term condition who live in social housing report having diabetes (cf. 7% of owner occupiers and 7% of other renters);
- 42% report heart or blood pressure problems (cf. 25% of owner-occupiers and 19% of other renters);
- 29% report a condition that affects their sight (cf. 18% of owner-occupiers and 7% of other renters).

Over 1 in 3 people in social housing who have a long-term condition report having a mental illness (36%), as do 1 in 4 people (25%) who rent privately. The prevalence of mental illnesses among owner-occupiers is 18%.

There is considerable overlap between people who are retired and people who live alone. Both these groups are particularly affected by certain conditions:

**Table 12: Overlap between single occupancy households and those that are retired**

	% of people who live alone and have a LTC	% of people who are retired and have a LTC
<b>Arms or hands affected</b>	17%	33%
<b>Legs or feet affected</b>	50%	56%
<b>Neck or back affected</b>	34%	35%

### 3.9.5 Employment and education

Over half of unemployed people who are looking for work report having a mental illness, including depression or phobia (54% of all unemployed jobseekers with a long-term condition, cf. 23% of employed people and 11% of retired people). That unemployment is associated with anxiety and depression is well documented.

37% of people in full-time education with a long-term condition report that their mental wellbeing is affected.

34% of the people who reported having a learning difficulty are in full-time education.

### 3.10 Impact on day-to-day life

#### 3.10.1 Disability groupings

It is useful to explore how different types of conditions impact on daily activities and the ability to take part in society. To aid this analysis the conditions reported by people have been grouped into common themes. The following table shows how these conditions have been subsequently categorised:

**Table 13: Grouping conditions into common themes**

Grouping	Condition
<b>Mobility and dexterity</b>	Arms or hands
	Legs or feet
	Neck or back
	Chest or breathing
	Heart or blood pressure
	Arthritis
	Breathing or lung problems
<b>Sight and hearing</b>	Sight
	Hearing
<b>Communication</b>	Speech
	Autism, Asperger's, ADHD
	Learning difficulty
<b>Learning, understanding and development</b>	Autism, Asperger's, ADHD
	Learning difficulty
<b>Mental health</b>	Mental illness
	Mental wellbeing
<b>Other chronic conditions</b>	Diabetes
	Fibromyalgia
	Chronic Fatigue Syndrome or ME
<b>Breathing and heart problems</b>	Breathing or lung problems
	Heart problems
	Chest or breathing
	Heart or blood pressure
<b>Organs</b>	Breathing or lung problems
	Heart problems
	Chest or breathing
	Heart or blood pressure
	Skin
	Stomach, kidney, liver or digestion
<b>Epilepsy</b>	Epilepsy
<b>Cancer</b>	Cancer
<b>Alcohol or drug addiction</b>	Alcohol or drug addiction
<b>Diabetes</b>	Diabetes

Respondents were given a list of activities that people have to do on a day-to-day basis – relating to personal care, eating and drinking, and managing their affairs – and asked to rate how much difficulty they would have doing each one without assistance.

**Table 14: To what extent, if at all, do you have difficulty with any of the following activities...? (All people with a long-term condition – based on valid responses)**

	No difficulty	Some difficulty	A lot of difficulty / can't do at all	Not applicable	Not provided
Eating and drinking	78%	5%	1%	5%	11%
Preparing meals	65%	10%	6%	8%	12%
Personal care (washing or toileting)	71%	10%	3%	5%	12%
Getting dressed	71%	10%	2%	5%	12%
Getting around the house	71%	10%	3%	5%	11%
Getting around outside the house	61%	15%	8%	5%	12%
Doing the food shopping	56%	13%	9%	9%	12%
Concentrating or remembering	59%	19%	7%	4%	11%
Communicating (understanding others or being understood)	65%	14%	6%	4%	11%
Managing their own money	66%	7%	7%	8%	12%
Unweighted base = 753					

Overall larger proportions of people with long-term conditions report difficulty doing things outside the home (getting around – 23%; doing the food shopping – 22%) than doing things for themselves at home (eating and drinking – 6%; personal care – 13%). 1 in 4 people (26%) have difficulty concentrating or remembering, and 20% have difficulty communicating.

People with different types of conditions are affected in different ways. For example:

- 69% of people with a learning, understanding or development condition have difficulty concentrating or remembering, as do 69% with communication problems and 61% with a mental health condition.
- 2 in 5 (39%) of those with a sight or hearing condition have difficulty getting around outside the house, as do 37% with a mobility or dexterity condition, 42% of those with breathing or heart problems, and 37% of those with cancer.
- Around three in five of those with communication problems and learning, understanding and development problems have difficulty in communicating (either understanding others or being understood) (69% and 66% respectively).

There are few variations by age, although more younger people with long-term conditions find concentrating and remembering (10% of under-16s) or communicating (21% of under-16s) very difficult, or they can't do it at all. This is likely to be due to the higher prevalence of autism, Asperger's and ADHD amongst these age groups (as highlighted in Section 3.9.4). Older people with long-term conditions have more difficulty with preparing meals (9% aged 67+), getting around outside the house (14%) and doing the food shopping (16%).

**Table 15: To what extent, if at all, do you have difficulty with any of the following activities...? % 'a lot / can't do at all' by age group (All people with a long-term condition – based on valid responses)<sup>9</sup>**

	Total	Under 16	16 to 24	25 to 34	35 to 44	45 to 54	55 to 66	67+
Eating and drinking	1%	1%	6%	0%	0%	1%	0%	1%
Preparing meals	6%	6%	8%	9%	2%	1%	2%	9%
Personal care (washing or toileting)	3%	2%	5%	4%	0%	4%	*%	4%
Getting dressed	2%	2%	5%	6%	0%	1%	0%	4%
Getting around the house	3%	1%	3%	6%	4%	1%	0%	4%
Getting around outside the house	8%	6%	11%	11%	1%	2%	4%	14%
Doing the food shopping	9%	1%	6%	16%	5%	7%	8%	16%
Concentrating or remembering	7%	10%	8%	3%	9%	9%	5%	7%
Communicating (understanding others or being understood)	6%	21%	11%	11%	1%	6%	*%	4%
Managing their own money	7%	2%	9%	20%	5%	5%	4%	8%
Unweighted base	753	64	55	50	89	100	174	221

<sup>9</sup> The highlighted cells indicate where figures are statistically different to some or all of the remaining figures for a particular measure.



### 3.11 Impact on social inclusion and access to opportunities

Respondents were given a list of activities relating to employment, social and family life and asked to rate how much difficulty they would have doing each one without assistance.

The data are presented based on valid responses – those who have answered “not applicable” because, for example, they are too young or old to look for employment have been excluded.

**Table 16: To what extent, if at all, do you have difficulty with any of the following activities...? (All valid responses – people with a long-term condition)**

	No difficulty	Some difficulty	A lot of difficulty	Can't do at all	Not provided
<b>Finding a job</b>	58%	8%	8%	4%	21%
<b>Keeping a job for 6 months or more</b>	66%	3%	4%	2%	24%
<b>Finding education or training that suits them</b>	55%	10%	7%	2%	25%
<b>Taking part in education or training</b>	54%	13%	7%	2%	24%
<b>Using public or private transport</b>	66%	12%	6%	3%	13%
<b>Taking part in social activities or sports</b>	49%	21%	10%	6%	14%
<b>Making friends</b>	65%	14%	8%	2%	11%
<b>Keeping friends</b>	70%	12%	6%	1%	11%
<b>Taking part in family life</b>	68%	17%	4%	*%	11%
<b>Unweighted base: 753</b>					

16% of people with a long-term condition report that it is very difficult or impossible for them to take part in sports and social activities. 1 in 9 say that it is very difficult or impossible for them to find a job (12%).

Again, people with different types of condition find it more or less difficult to take part in these activities. For example:

- 55% of people with a learning, understanding or development condition find it very difficult or impossible to find a job, as do 54% of those with communication problems and 33% of those with a mental health condition.
- Those with a learning, understanding or development condition are most likely to find it very difficult or impossible to find education or training that suits them (43%), to take part in social activities or sports (40%) and to make friends (40%).
- 39% of those with alcohol or drug addiction have difficulty finding education or training that suits them, as do 40% with communication problems.

Some of these difficulties are more pronounced for different age groups. 16-24 year olds are particularly affected across the board: 34% report difficulty finding a job; 19% find using public or private transport difficult; and 26% have difficulty making friends. It is possible that some of these differences reflect the current stage of the life cycle (for example, younger people may be more concerned with training and educational opportunities than older people), and/or an age effect whereby expectations about participation in society vary between younger and older people.

**Table 17: To what extent, if at all, do you have difficulty with any of the following activities...? % 'a lot / can't do at all' by age group (All valid responses – people with a long-term condition)**

	Total	Under 16	16 to 24	25 to 34	35 to 44	45 to 54	55 to 66	67+
Finding a job	13%	5%	34%	13%	9%	10%	9%	1%
Keeping a job for 6 months or more	7%	0%	19%	10%	4%	7%	2%	1%
Finding education or training that suits them	9%	13%	19%	19%	1%	8%	6%	1%
Taking part in education or training	9%	17%	20%	16%	1%	7%	6%	2%
Using public or private transport	9%	14%	19%	4%	5%	1%	6%	12%
Taking part in social activities or sports	16%	19%	21%	12%	16%	17%	15%	14%
Making friends	10%	21%	26%	4%	4%	12%	2%	8%
Keeping friends	8%	22%	17%	5%	5%	10%	3%	4%
Taking part in family life	4%	2%	5%	4%	4%	9%	2%	4%
Unweighted base	753	64	55	50	89	100	174	221

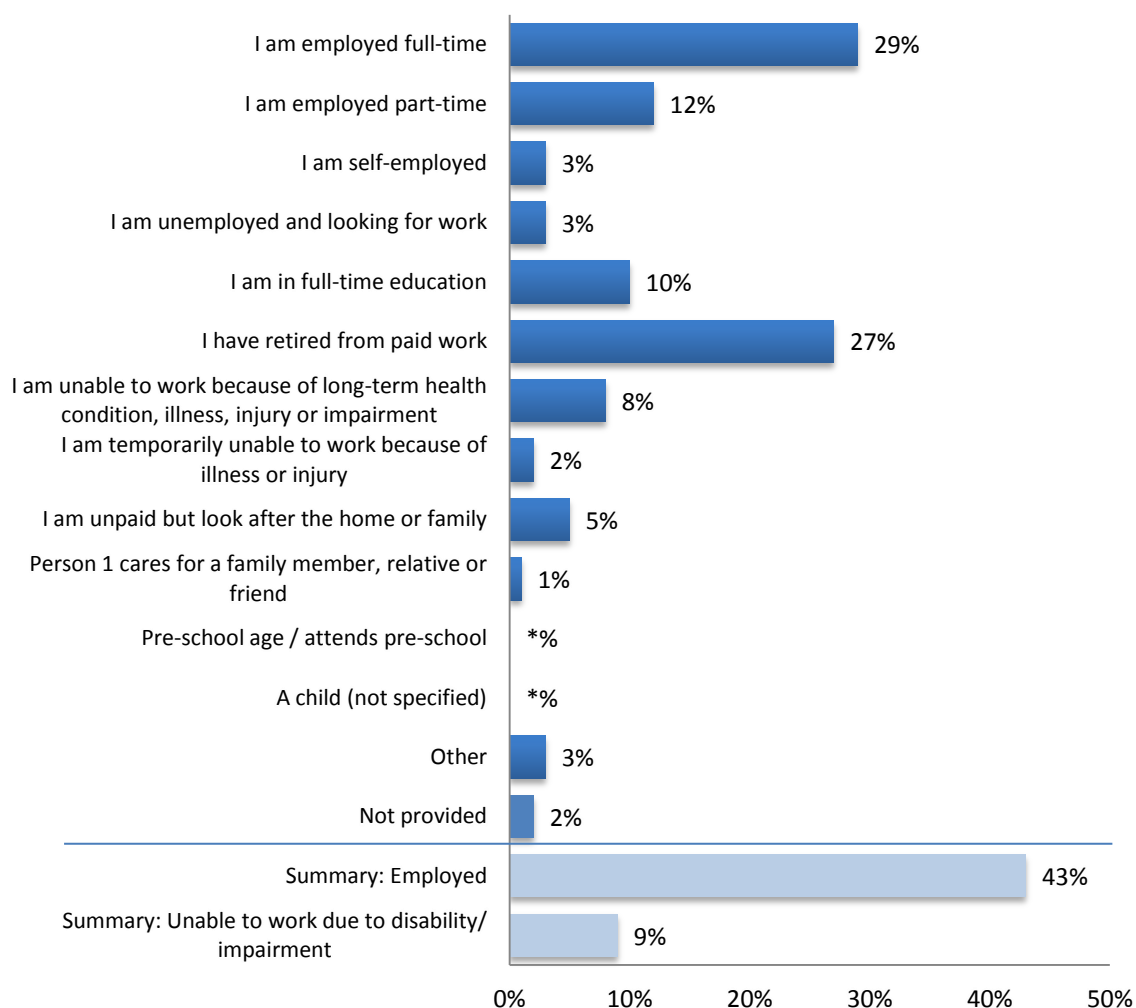
In addition, 29% of people with a long-term condition who live in social housing find it difficult to find a job, and 19% find it difficult to keep a job for 6 months or more.

More than 1 in 3 social housing tenants with long-term conditions (35%) find it hard to take part in social activities or sports. Over 1 in 5 people with a long-term condition (23%) in full-time education find it difficult to make friends. For boys aged under 16, this proportion increases to 31%.

### 3.12 Employment status of disabled people

The questionnaire asked every person who reported a long-term condition whether or not they were employed. Over 1 in 4 people (27%) are retired, whilst 29% are employed full-time – in total, 43% of people are employed full- or part-time or are self-employed. 7 respondents with a long-term condition (1%) care for another family member, friend or relative.

**Figure 8: Employment status profile (All people with a long-term condition – based on valid responses)**



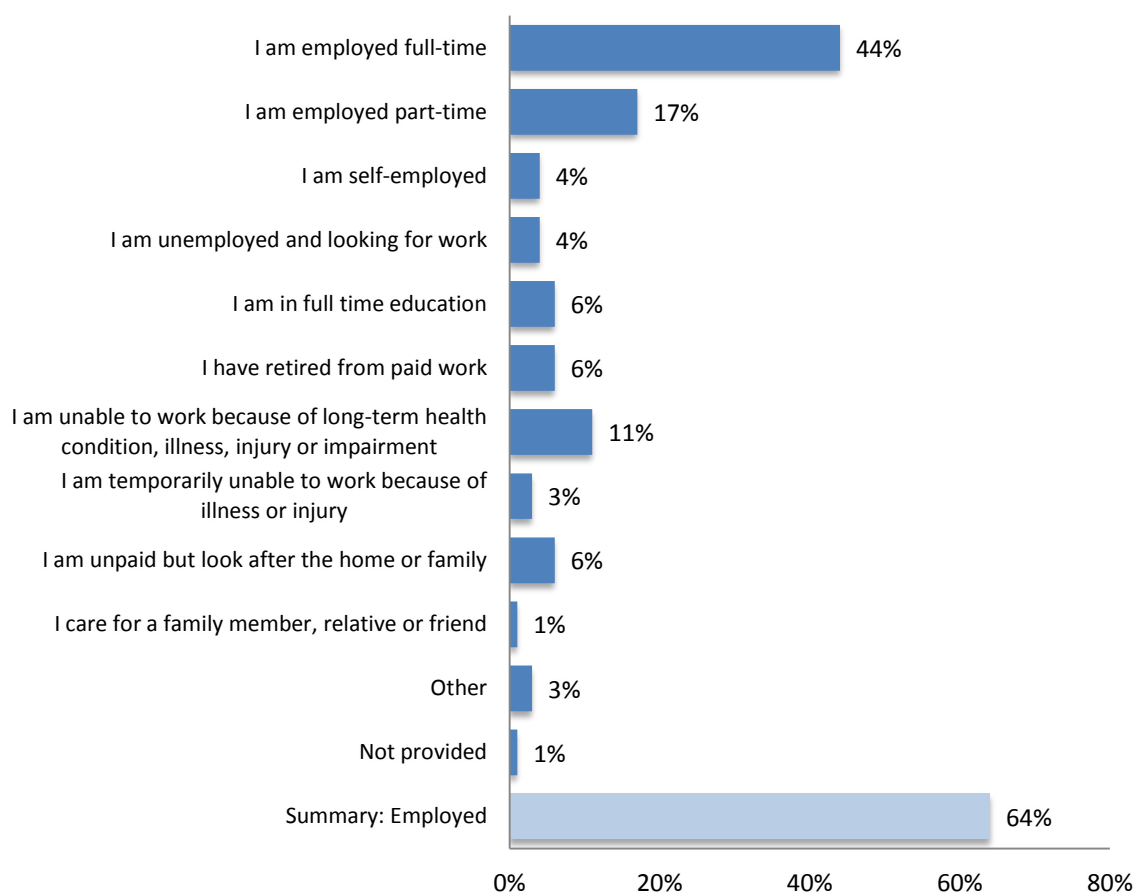
Unweighted base: 753

Employment status varies by the nature of the impairment or disability, but age is also a driving factor. For example, those with a learning, understanding and development condition are most likely to be in full time education (34%), but this is also most likely to be because of the younger age profile. A higher proportion of people with cancer, breathing or heart problems and sight / hearing problems are said to be retired (66%,

44% and 44% respectively). Again, these conditions can be driven by the older age profile of people with these types of condition.

Figure 9 shows the employment status of all those people with a disability who are of working age. 64% are employed – 44% full time, 17% part time and 4% self employed.

**Figure 9: Employment status profile of those of a working age (All people with a long-term condition – where of working age – based on valid responses)**



Unweighted base: 512

### 3.13 Emotional wellbeing of disabled people

The person who completed the “Health, Wellbeing and Social Inclusion survey” on behalf of their household was asked to answer a set of questions on emotional wellbeing at the end of the survey. This measure of mental health and wellbeing employs a model developed from Scotland’s Health Education Population Survey, called the Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS<sup>10</sup>). WEMWBS focuses entirely on positive aspects of mental health, and in this survey, the full 14 item scale was utilised.

The question was answered by 312 people with a long-term condition and 807 people without. People with a long-term condition are less likely to have experienced positive feelings in the past 2 weeks in comparison to those without a condition. Just 13% of people with a long term condition say they have had energy to spare and 27% have been feeling relaxed. The biggest difference in responses relates to “feeling cheerful”, to which only 47% of people with a long-term condition answered yes, compared to 73% of people without a long-term condition.

**Table 18: To what extent, if at all, have you felt any of the following in the past 2 weeks...? % often / all of the time (All households – based on valid responses)**

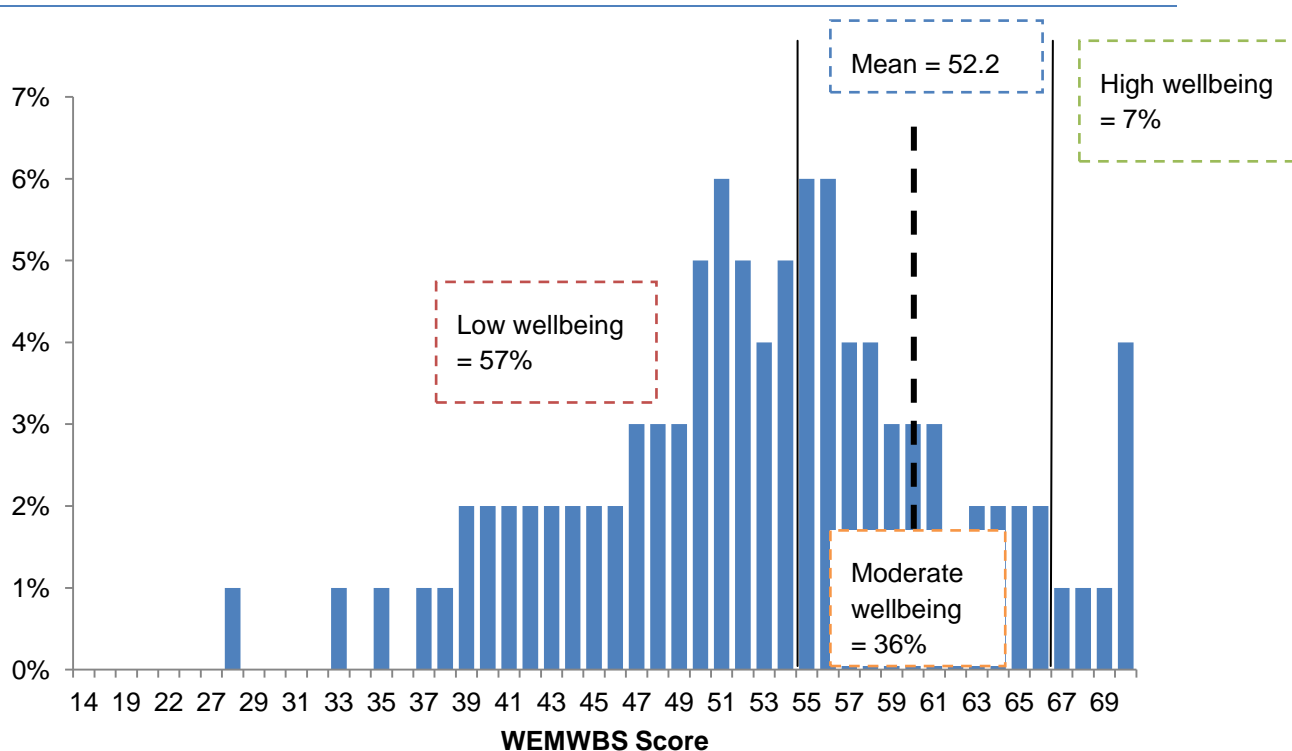
	With a long term condition	Without a long term condition	% difference
I've been feeling optimistic about the future	36%	60%	-24%
I've been feeling useful	45%	68%	-23%
I've been feeling relaxed	27%	50%	-23%
I've been feeling interested in other people	56%	64%	-8%
I've had energy to spare	13%	35%	-22%
I've been dealing with problems well	52%	70%	-18%
I've been thinking clearly	64%	78%	-14%
I've been feeling good about myself	40%	62%	-22%
I've been feeling close to other people	50%	69%	-19%
I've been feeling confident	40%	64%	-24%
I've been able to make up my own mind about things	73%	82%	-9%
I've been feeling loved	64%	77%	-13%
I've been interested in new things	51%	64%	-13%
I've been feeling cheerful	47%	73%	-26%

<sup>10</sup> Tennant R et al (2007): The Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS): development and UK validation. *Health and Quality Life Outcomes*, 5,63.

Using this scale it is possible to produce a mental health and wellbeing score. This score is calculated by adding together the scores at each statement, where 1 = never, 2 = rarely, 3 = some of the time, 4 = often and 5 = all of the time. As such, the lowest score that can be gained per respondent is 14, whilst the highest is 70. Where an individual hasn't answered at least one of the statements (by specifying prefer not to say or don't know), this individual cannot be included in the analysis.

The following chart demonstrates the spread in scores, showing the proportion of respondents that fall within each score from 14 through to 70. The mean score is also shown (52.2), as well as the boundaries splitting out low (14-54), medium (55-66) and high (67-70) wellbeing scores.

**Figure 10: The spread of WEMWBS scores (All valid responses)**



Unweighted base: 1148

The following groups of people are more likely to have a low wellbeing score:

- People that have a disability or long term condition (69% cf. 52% that do not).
- People with a mental health condition (92%), communication difficulties (85%), and learning, understanding and development difficulties (87%).
- People living in a household with a carer (81% cf. 66% that do not).
- People living in single person households (63%) and in households with 5+ residents (61%).

### 3.14 Level of support received

Every person who reported a long-term condition was asked whether they received various different kinds of support. They were also asked whether they had a medical diagnosis.

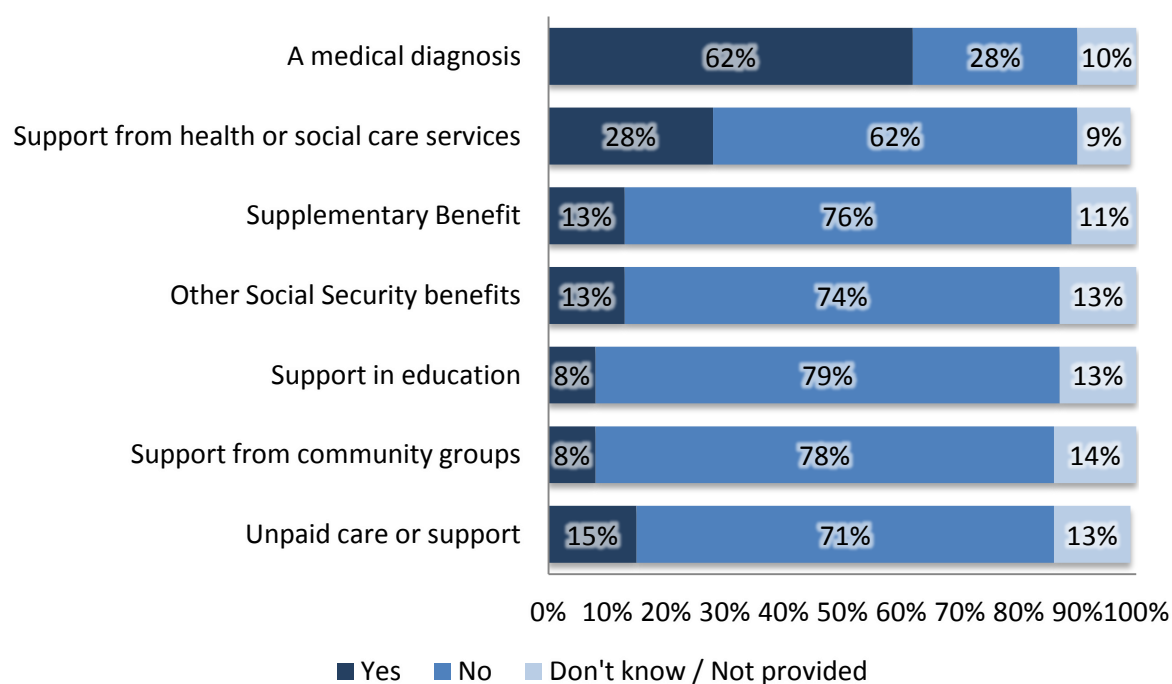
Over 3 in 5 people with a long-term condition (62%) have a medical diagnosis. This increases to 68% of people aged 67+ or 68% of people who are retired. The types of conditions most likely to have been medically diagnosed are cancer (100%), epilepsy (100%), other chronic conditions (85%) and mental health conditions (88%).

Over 1 in 4 people overall (28%) access health and social care services; this increases to 38% of those in full-time education with a long-term condition. Among young men, the proportion accessing health and social care services is also higher: 42% of those aged under 16, 37% aged 16-24 and 48% aged 25-34. Just 28% of men aged 55 to 66 and 30% aged 45 to 54 access health and social care services.

1 in 9 people with a long-term condition (13%) receive Supplementary Benefit. This increases to 25% of unemployed jobseekers and 40% of people in social housing. There are also a higher proportion of younger people with long-term conditions receiving the benefit – 35% of 25-34 year olds.

Over 1 in 5 people with a long-term condition (22%) aged 67 or older receive unpaid care or support. In households where another member “provides paid or unpaid care or support for a family member, relative or friend”, 4 in 10 disabled occupants report receiving unpaid care or support (43%). This is considerably higher than the overall proportion of people with long-term conditions who receive unpaid care or support – approximately 1 in 7 (15%).

**Figure 11: Do you have any of the following? (All people with a long-term condition – based on valid responses)**



Unweighted base: 753

### 3.15 Disabled People in Guernsey – Beyond the Survey

The survey was sent to households in Guernsey and Alderney, but the sample excluded all residential and nursing care homes, hospitals, hospices and continuing care wards, as well as people who were born or brought up in Guernsey but who are now resident in off-island placements due to long term, complex needs.

This means that, in addition to the number of disabled people in the general population, we know, from information provided by the Health and Social Services Department, that there are:

- over 400 people with some personal care needs living in residential homes, including people with a diagnosis of dementia, who may be receiving some additional support;
- over 200 people living in private nursing homes, including the Guernsey Cheshire Home;
- over 400 people living at home who require personal care at least 35 hours a week, and over 250 people caring for them;
- around 100 people in continuing care wards at the King Edward VII hospital, the Princess Elizabeth Hospital and the Castel Hospital;
- around 40 people living in group homes run by Health and Social Service Department's Accommodation Services for people with learning disabilities; and
- around 70 children and adults who are having their care needs met in specialist off-island placements.



## 4 Carers

Nearly 1 in 10 households (8%) included in the sample have at least one person who provides informal or unpaid care for a family member, relative or friend. This increases to 13% of households with 3 people living there. This compares to 15% of households found in the unpublished 2011 Guernsey Housing Needs Survey to contain somebody who provides care or support to individuals with long-term physical or mental health issues or problems related to old age.

Of these carers, 3 in 5 (62%) live in the same house as the person they care for, and a quarter (26%) cares for more than 35 hours per week. 46% cares for just 0-12 hours per week.

1 in 5 people with a long-term condition (21%) live in a household with someone who provides unpaid care or support (although not necessarily to them).

Stage 2 of the research will explore in greater detail the views and experiences of carers.

## 5 Appendix 1: Methodology

The research programme consists of two distinct stages:

**Stage 1** is a comprehensive review of the prevalence and nature of disability across Guernsey and Alderney – giving a picture of how many people are disabled and how this affects them.

**Stage 2** explores the experiences and preferences of disabled islanders and of carers in greater detail. This report does not contain any information from Stage 2.

In Stage 1, a quarter (1 in 4) of all households in Guernsey and Alderney were mailed a 'Health, Wellbeing and Social Inclusion' questionnaire. This sample size (6,500 households in total) was chosen as it gives a sufficiently robust and reliable measure of prevalence, based on an estimated return rate that would give a sampling error of approximately  $\pm 2\%$ . The questionnaire, which can be found in Appendix 3 of this report, addressed the following issues:

- The number of people living in each household, and their age, gender, housing tenure and employment status. The place of origin of the person completing the questionnaire was also recorded.
- Whether any member of the household provides paid or unpaid care for anyone who has a disability or impairment.
- Whether any member of the household has an impairment that impacts on their day to day life.
- Information about that person's health condition or impairment, and any related functional limitations.
- Information about aspects of day-to-day life or participation in the wider community which that person finds difficult.

The questionnaire also asked respondents to indicate whether they would be willing to participate in further research about disability and caring, and whether there were any particular communication issues which need to be addressed to enable them to take part. Contact details (including email addresses) were requested from those who wanted to take part in further research.

The questionnaire could also be completed online. Each participating household was sent a hyperlink to the online survey and was given a unique identification number. A total of 80 households chose to respond to the survey in this way.

### 5.1.1 Sampling

The sample was selected from the States of Guernsey's database of island addresses. A total of 6,500 addresses were included in the sample: 6,161 in Guernsey and 339 in Alderney (proportionate to their populations). In Guernsey, the number of addresses contacted in each parish was more or less proportionate to the number of people living in that parish. This was done by sorting the address file by postcode and sampling 1 in 4 addresses, then checking the resultant samples against the parish population

counts. The following table shows how the sample sizes compare to the population of the different parishes:

**Table 19: Guernsey sample by parish in comparison to population counts by parish**

Parish	Total number of households	Number of households in the sample	% of Guernsey's total households	% sampled
Castel	3,466	829	13	14
Forest	632	140	2	2
St. Andrew	918	225	4	4
St. Martin	2,613	635	10	10
St. Peter Port	8,370	1,920	32	31
St. Pierre Du Bois	885	199	3	3
St. Sampson	3,796	896	15	15
St. Saviour	1,115	274	4	4
Torteval	405	97	2	2
Vale	3,863	946	15	15
<b>Total</b>	<b>26,063</b>	<b>6,161</b>	<b>100</b>	<b>100</b>

It is worth noting that, very often, the answer to a question for the total population (Guernsey and Alderney) is the same as the answer for Guernsey alone. This is not because Alderney has been missed out, but because it is a comparatively small population and so does not always impact the overall average. However, when there are major differences between the answers given in Alderney and those given in Guernsey, these have been identified and discussed in the text.

### 5.1.2 Response rates

All 6,500 addresses were mailed the “Health, Wellbeing and Social Inclusion” questionnaire on 27 February 2012. A postcard reminder was sent out on 22 March and a final reminder, which included another copy of the questionnaire, was sent on 19 April to all those that had not yet responded to the survey.

A total of 2,055 households responded to the survey, a response rate of 32%.

**Table 20: Number of returns and response rate by island**

Island	Sent out	Returned	Response rate
Guernsey	6,161	1,963	32%
Alderney	339	92	27%
	<b>6,500</b>	<b>2,055</b>	<b>32%</b>

In Guernsey, the response rate by parish varied between 24% and 41%.

**Table 21: Number of returns and response rate by Parish (Guernsey)**

Parish	Sent out	Returned	Response rate
Castel	829	300	36%
Forest	140	49	35%
St. Andrew	225	83	37%
St. Martin	635	215	34%
St. Peter Port	1,920	457	24%
St. Pierre Du Bois	199	71	36%
St. Sampson	896	308	34%
St. Saviour	274	100	37%
Torteval	97	40	41%
Vale	946	340	36%
	<b>6,161</b>	<b>1,963</b>	<b>32%</b>

### 5.1.3 Accuracy

In this report, the results of the survey are extrapolated to the whole population of Guernsey and Alderney. This means, for example, that if 1 in 10 disabled people who replied to the survey said they had trouble finding a job, we would assume that this means that 10% (1 in 10) of all disabled islanders have difficulty finding a job.

In statistical terms, the survey sample is subject to a maximum standard error of  $\pm 2.1\%$  at the 95% confidence level on an observed statistic of 50%. This means that we can be 95% confident that the results do reflect the answers that would be given by the whole population of Guernsey and Alderney (if a census were carried out, for example), although the number of people who give the same answer might be as much as 2.1% more or 2.1% less than those we have reported. This is highly robust and reliable.

Note that the data throughout this report has been weighted by age, gender and tenure, with a Parish rim weight to ensure it is reflective of the population of Guernsey and Alderney.

### 5.1.4 Bias

The “Health, Wellbeing and Social Inclusion” questionnaire was sent to a sample of households, some with and some without disabled occupants. The covering letter made it clear that everyone was invited to reply to the survey – not only disabled people and carers. The questionnaire title was chosen to demonstrate that the survey was for all islanders, not only those who considered themselves disabled.

People may have been more likely to answer the survey if they felt it applied to them. This means that there may be a higher proportion of disabled people answering the survey than there are in the general population. To reduce the impact of this bias,

however, each household was contacted up to three times (as mentioned in 5.1.2). This technique encourages a response from those households that did not respond to the first or second mailing, and therefore increases the likely response rate from households that feel the questionnaire does not apply to them.

It is important to recognise, however, that there is a positive bias towards owner occupiers within the sample.

## 5.2 Terminology

This report uses the word “significant” to describe differences in the data which have been tested for statistical significance. Where a difference is said to be significant, this means we can be 95% confident that there is a ‘real’ difference.

The term “rebased” means removing some data (normally, data that does not add any information) out of a sample and redoing the calculations as if that data had never been provided. For example:

In a sample of 30 people, 12 said they were women, 10 said they were men, and 8 left the question blank. Using that sample,  $(12/30=)$  40% of respondents were women and  $(10/30=)$  33% were men. 27% are unknown.

To **rebase** the data, you would take out the 8 unknowns, and work out the proportion of men and women over a total sample of  $(30-8=)$  22 people. According to the rebased data,  $(12/22=)$  55% of respondents are women and  $(10/22=)$  45% are men.

Figures and tables are used throughout the report to give further detail and clarity to the analysis. Occasional anomalies may appear due to ‘rounding’ differences (for example, a column of percentages may add up to 99% or 101%, instead of 100%), but these are never more than  $\pm 1\%$ . These tend to occur where respondents have had to give their answer on a scale (e.g. “not at all”, “a little” or “a lot”). The following symbols are used throughout this report:

<b>*%</b>	Used when the figure is less than 0.5%
<b>cf.</b>	Means ‘confer’ (or compare). This is used when two or more figures are compared against each other

## 6 Appendix 2: Age group definitions

The age bands used in this survey are:

- Under 16
- 16-24
- 25-34
- 35-44
- 45-54
- 55-66
- 67+

The age bands from Under-16 to 45-54 are used in a lot of UK and international surveys. This means that the data from this survey can easily be compared to data from other surveys on similar themes, so we can identify if there is anything unusual in the experience of people in Guernsey and Alderney compared to people of the same age elsewhere.

From the age of 25 upwards, the adult population is simply split into ten-year bands. The very first band, under-16, covers all people who are below school-leaving age. The 16-24 band is commonly used in surveys looking at the experiences of young adults, especially those who are classed as “Not in Education, Employment or Training” (‘NEET’). Using it in this survey will make it possible to compare the experiences of disabled young people, whether NEET or not, with those of their peers.

Most UK surveys which use age bands give the last two as 55-64 and 65+, to tie in with the retirement age at 65.

Because Guernsey’s retirement age is due to increase to 67 by 2032, we decided to change the bands to take account of this. This means that the experiences of 65- and 66-year-olds will be reported along with the rest of the working-age population. This is important, as it may help the State and employers to plan for the needs of this age group more effectively, in light of the changing retirement age.

The survey also asks for the employment status of the main respondent, and of anyone reporting a long-term condition. This means that the experiences of people who are actually retired can be explored separately from the experiences of people who are of (current or future) retirement age.

## 7 Appendix 3: Questionnaire

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### Health, Wellbeing and Social Inclusion Survey

We would like a wide range of answers - from people with and people without any kind of health condition, from disabled and non-disabled people, from carers, from old and young, from people with large families and people with no family at all. Your responses will help us to shape better public services and make changes that will help everyone to feel more included in island life.

#### Tell us about you

We're going to start by asking some general questions about you and the people you live with. This will help us to understand if there are patterns in people's health - for example, if people who are the same age, or who live in the same kind of house, have similar health conditions to each other.

**QN1** How many people (including yourself) live in your household? Please write the number in the box(es) below

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**QN2** Starting with yourself, can you please tell us which age band each member of your household fits into? Please cross (x) one box per column and start with yourself in the first column

	You	2	3	4	5	6	7
Under 16	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16 to 24	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
25 to 34	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
35 to 44	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
45 to 54	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
55 to 66	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
67 and over	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**QN3** Again starting with yourself, can you tell us the gender of each person in your household? Please cross (x) one box per column and start with yourself in the first column

	You	2	3	4	5	6	7
Female	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Male	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**QN4** Where is your place of origin? Please cross (X) one box only

Channel Islands..... ☐ European Union..... ☐  
 UK ..... ☐ Other (please specify in box below) .... ☐

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**Q5** Which of these best describes your home? **Please cross (X) one box only**

- |   |                          |   |                          |
|---|--------------------------|---|--------------------------|
| I own my own home - <u>without</u> a mortgage or loan .....                           | <input type="checkbox"/> | I rent my home - via my employer (including tied housing).....                | <input type="checkbox"/> |
| I own my own home - <u>with</u> a mortgage or loan .....                              | <input type="checkbox"/> | I have partial ownership of my home (with the GHA) .....                      | <input type="checkbox"/> |
| I rent my home - from the States / the Guernsey or Alderney Housing Association ..... | <input type="checkbox"/> | I have a room in shared house or lodgings (for example, in a bedsit) .....    | <input type="checkbox"/> |
| I rent my home - from a private landlord or agency .....                              | <input type="checkbox"/> | I live with my parents or other family in a home owned / rented by them ..... | <input type="checkbox"/> |
|   |                          | Other (please specify in box below) ....                                      | <input type="checkbox"/> |

## Your work and responsibilities

**Q6** Do any of these activities describe you? **Please cross (X) all boxes that apply**

- |  |                          |   |                          |
|--|--------------------------|---|--------------------------|
| I am employed full-time.....                             | <input type="checkbox"/> | I have retired from paid work .....   | <input type="checkbox"/> |
| I am employed part-time .....                            | <input type="checkbox"/> | I am unable to work because of long-term health condition, illness, injury or impairment..... | <input type="checkbox"/> |
| I am self-employed .....                                 | <input type="checkbox"/> | I am temporarily unable to work because of illness or injury.....                             | <input type="checkbox"/> |
| I am unemployed and looking for work ...                 | <input type="checkbox"/> | I am unpaid but look after the home or family .....   | <input type="checkbox"/> |
| I have accepted a job and am waiting to start work ..... | <input type="checkbox"/> | Other (please specify).....   | <input type="checkbox"/> |
| I am in full-time education.....                         | <input type="checkbox"/> |   |                          |

**Q7** Does anybody in your household (including yourself) provide informal / unpaid care for a family member, relative or friend who has a long-term health condition, illness, injury or impairment?  
**Please cross (X) one box only**

- Yes..... ☐ **Continue**      No..... ☐ **Go to Q10**

**Q8** Does the carer live in the same house as the person they care for? **Please cross (X) one box only**

- Yes..... ☐      No..... ☐

**Q9** How many hours (on average) **per week** are spent caring for this person? **Please cross (X) one box only**

- 0-12hrs..... ☐      13-34hrs..... ☐      35+hrs..... ☐



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## Your health and wellbeing

**Q10** Are you or anyone in your household affected by any of the following? **Please cross (X) one box only**

- Mental health conditions
- Chronic illness
- Brain injury
- Hearing or sight impairment
- Learning difficulty
- Mobility impairment
- Severe back pain
- Disfigurement
- Autism
- Speech or communication difficulty
- ...or any other long-term or substantial health condition which has lasted (or will last) at least 12 months

Yes ..... ☐ **Continue**

No ..... ☐ **Go to Q40 (Page 14)**

**Q11** Does this condition, or conditions, affect your / their day-to-day life? **Please cross (X) one box only**

Yes ..... ☐ No ..... ☐

**Q12** Over the next few pages, you will be asked to fill out a short questionnaire for **each person in your household** who has a long-term health condition, impairment or disability. There is space for **up to 3 people**. If there are more than 3 people in your house who fit this description, please **put a cross (X) in the box below**.

☐

## Tell us about Person 1

If Person 1 is yourself, please answer Q13 but then skip to Q17.

**Q13** How is Person 1 related to you? **Please cross (X) one box only**

- |   |  |   |
|---|--|---|
| Person 1 is me ..... <input type="checkbox"/>                   | Person 1 is my grandchild ..... <input type="checkbox"/>       | Other relative ..... <input type="checkbox"/>     |
| Person 1 is my child ..... <input type="checkbox"/>             | Person 1 is my parent or in-law ..... <input type="checkbox"/> | Other non-relative ..... <input type="checkbox"/> |
| Person 1 is my spouse or partner ..... <input type="checkbox"/> |  |   |

**Q14** Can you tell us Person 1's year of birth? **Please write the year in the boxes below (YYYY)**

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**Q15** Person 1's gender. **Please cross (X) one box only**

Female ..... ☐ Male ..... ☐ Other ..... ☐

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**Q16** Do any of these activities describe Person 1? **Please cross (X) all boxes that apply**

- |   |                          |  |                          |
|---|--------------------------|--|--------------------------|
| Person 1 is employed full-time.....                           | <input type="checkbox"/> | Person 1 is unable to work because of long-term health condition, illness, injury or impairment..... | <input type="checkbox"/> |
| Person 1 is employed part-time .....                          | <input type="checkbox"/> | Person 1 is temporarily unable to work because of illness or injury.....                             | <input type="checkbox"/> |
| Person 1 is self-employed.....                                | <input type="checkbox"/> | Person 1 is unpaid but looks after the home or family .....  | <input type="checkbox"/> |
| Person 1 is unemployed and looking for work.....              | <input type="checkbox"/> | Person 1 cares for a family member, relative or friend .....   | <input type="checkbox"/> |
| Person 1 has accepted a job and is waiting to start work..... | <input type="checkbox"/> | Other (please specify).....  | <input type="checkbox"/> |
| Person 1 is in full-time education .....                      | <input type="checkbox"/> |  |                          |
| Person 1 is retired from paid work .....                      | <input type="checkbox"/> |  |                          |

When you answer these questions, you need to think about what Person 1 can or cannot do **without** assistance. If any of the questions are not relevant to Person 1 **please leave them blank**.

**Q17** These are things that we need to do every day, or every week, in order to live our lives. To what extent, if at all, does Person 1 have difficulty with any of the following activities? **Please cross (X) one box per row**

	No difficulty	Some difficulty	A lot of difficulty	Can't do it at all	Not applicable
Eating and drinking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Preparing meals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Personal care (washing or toileting)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Getting dressed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Getting around the house	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Getting around outside the house	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Doing the food shopping	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Concentrating or remembering	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Communicating (understanding others or being understood)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Managing their own money	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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**Q18** These are things that we do in order to be part of a community, a social network or a family. To what extent, if at all, does Person 1 have difficulty with any of the following activities? **Please cross (X) one box per row**

	No difficulty	Some difficulty	A lot of difficulty	Can't do it at all	Not applicable
Finding a job	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Keeping a job for 6 months or more</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Finding education or training that suits them	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Taking part in education or training</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Using public or private transport	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Taking part in social activities or sports</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Making friends	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Keeping friends</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Taking part in family life	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

These questions are about Person 1's health conditions, impairments or disabilities. This will help us to understand the connections between different health conditions and the barriers that people face to living independently or taking part in island life.

**Q19** To what extent, if at all, does Person 1 have a condition or impairment that affects their...? **Please cross (X) one box per row**

	No - not at all	Yes - a little bit	Yes - a lot
...arms or hands	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>...legs or feet</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
...neck or back	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>...speech</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
...sight (even with glasses)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>...hearing (even with hearing aids)</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
...chest or breathing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>...heart or blood pressure</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
...skin (including allergies)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>...stomach, kidney, liver or digestion</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
...mental wellbeing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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**Q20** Does Person 1 have any of the following named conditions or impairments? If yes, how severe is this condition? **Please cross (X) one box per row**

	No	Yes - mild	Yes - moderate	Yes - severe	Don't know
Autism, Asperger's, ADHD	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Mental illness (including depression or phobia)</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Learning difficulty	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Epilepsy</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Diabetes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Alcohol or drug addiction</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cancer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Fibromyalgia (FMS)</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Chronic Fatigue Syndrome or ME	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Other (please specify in box below)</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

These questions are about the formal support that Person 1 might receive at the moment.

**Q21** Does Person 1 have any of the following? **Please cross (X) one box per row**

	Yes	No	Don't know
...a medical diagnosis	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>...support from health or social care services</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
...Supplementary Benefit	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>...other Social Security benefits</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
...support in education	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>...support from community groups</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
...unpaid care or support	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

If this is the last Person, please go to Question 40 on Page 14.

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## Your general health and wellbeing

These questions are about you (the person filling in the survey).

These questions ask about your health and the way you have been feeling on a day-to-day basis. This will help us to get a better idea of the general health and wellbeing of people in Guernsey and Alderney.

**Q40** How would you describe your general health? **Please cross (X) one box only**

Very good..... ☐ Fair..... ☐ Very poor ..... ☐  
 Good ..... ☐ Poor ..... ☐

**Q41** To what extent, if at all, have you felt any of the following in the past 2 weeks? **Please cross (X) one box per row**

	None of the time	Rarely	Some of the time	Often	All of the time
I've been feeling optimistic about the future	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I've been feeling useful	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I've been feeling relaxed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I've been feeling interested in other people	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I've had energy to spare	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I've been dealing with problems well	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I've been thinking clearly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I've been feeling good about myself	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I've been feeling close to other people	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I've been feeling confident	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I've been able to make up my own mind about things	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I've been feeling loved	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I've been interested in new things	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I've been feeling cheerful	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Pro\_8680

**Q44** If you have any communication requirements that we should be aware of, please let us know. **Write below**

**Q45** If you have any comments to make on this survey, please let us know. **Write below**

Thank you for your time and help.

Please return your completed questionnaire in the freepost envelope we have provided by March 16th 2012 to:

BMG research, Holt Court, Heneage Street West, Aston Science Park, Birmingham. B7 4AX

**BMG ID**

**\*BMG ID\***

## 8 Appendix 4: Comparison with the 2011 Guernsey Housing Needs Survey

In the Health, Wellbeing and Social Inclusion Survey (HWSIS), we asked:

Are you or anyone in your household affected by any of the following?

- Mental health condition
- Chronic illness
- Brain injury
- Hearing or sight impairment
- Learning difficulty
- Mobility impairment
- Severe back pain
- Disfigurement
- Autism
- Speech or communication difficulty

...or any other long term or substantial health condition which has lasted (or will last) at least 12 months?

The 2011 Housing Needs Survey (HNS) asked:

Do any of the people currently living as part of your household suffer from any health problems, such as long-term illness, disability or infirmity - including problems associated with old age? By long standing I mean anything that has troubled them for a period of 12 months or more, or that is likely to affect them over a period of 12 months or more.

Respondents' answers to the HNS question were classed as one of the following:

- Visual impairment
- Hearing impairment
- Mobility problem – requires a wheelchair indoors
- Mobility problem – not requiring a wheelchair indoors
- Other walking or mobility difficulties
- Mental health problem
- Learning disability
- Difficulties due to old age or frailty
- Autism
- Other long-term illness, disability or infirmity.

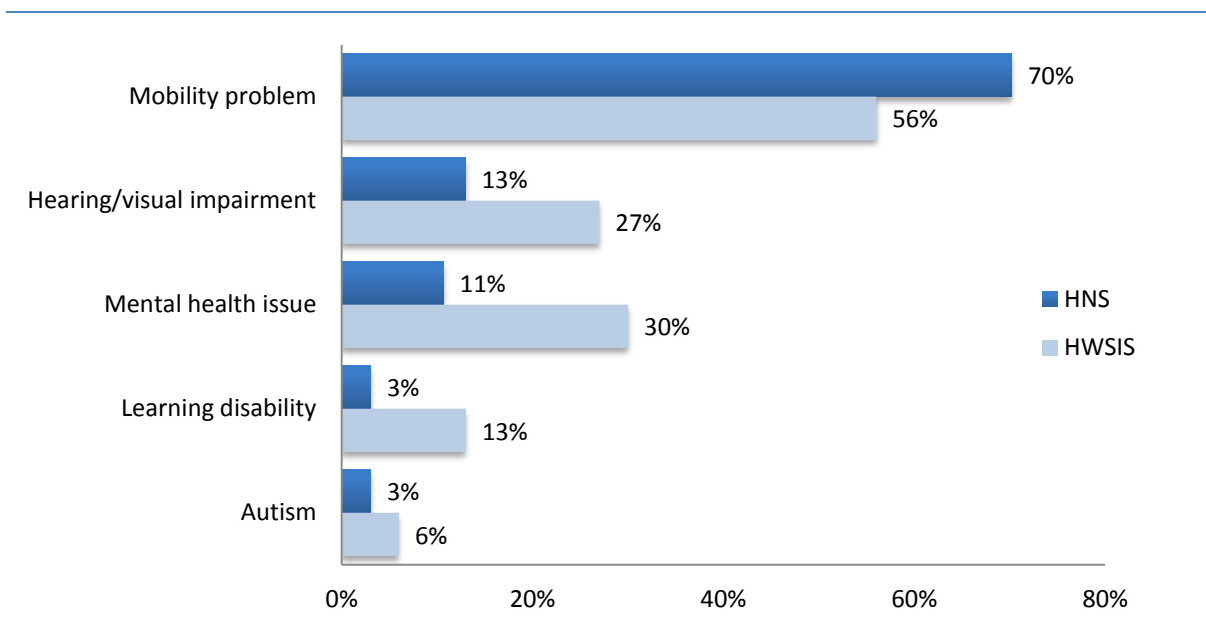
It is important to note some differences in construction between the two questions:

**The HNS talks about “suffering” from a “health problem”, whereas the HWSIS talks about “being affected by” a “long-term condition”.**

Many impairments and conditions – hearing or visual impairments, learning difficulties, physical differences, and others – do not cause any pain, but do have an impact on people’s day-to-day lives. Disabled people who do not “suffer” may not have identified themselves with the HNS question.

This is most clearly demonstrated by the proportions of people who report different kinds of long-term conditions in answer to each question:

**Figure 12: Reporting of long-term conditions in the HWSIS and the HNS**



**The HWSIS begins by listing out a diverse set of conditions**, which are intended to prompt respondents who might otherwise think the question does not apply to them. This was especially intended to signal to people with impairments which do not affect their body or their physical health that they, too, were included in the scope of the questionnaire.

The HNS, on the other hand, offers this prompt: “including problems associated with old age.” This may be another explanation for why a much higher proportion of people report mobility problems in the HNS (as mobility often worsens with age); while higher proportions of people report mental health conditions, sensory impairments – and other conditions, for which there is no direct comparison with the HNS – in the HWSIS.

These points do not mean that either question is invalid, but they show that there are clear differences between the two questions. It seems fairly likely that the people who answered yes to the HNS question are a subset of the wider group who answered yes to the HWSIS question, but it is also possible that both groups may be overlapping but somewhat different.



## 9 Appendix 5: Prevalence of conditions by age, gender and household tenure

### 9.1 Prevalence of conditions by age

The following table shows how people in various age bands are affected by different conditions in different ways.

Among the over-67s, more than half (57%) report a condition that affects their legs or feet, and 1 in 3 (33% and 31% respectively) report that their neck or back, or arms or hands, are affected. 51% of this age group report blood pressure or heart problems.

Speech is most affected among young people, with 29% of under-16s and 15% of 16-24 year olds being affected. Mental wellbeing is most affected among people aged 16-44.

**Table 22: To what extent, if at all, do you have a condition that affects your...? % 'a little' / 'a lot' by age group (All people with a long-term condition – based on valid responses)**

	Total	Under 16	16 to 24	25 to 34	35 to 44	45 to 54	55 to 66	67+
Arms or hands	20%	13%	5%	17%	10%	14%	28%	31%
Legs or feet	33%	13%	6%	33%	22%	24%	40%	57%
Neck or back	29%	2%	11%	32%	30%	31%	41%	33%
Speech	7%	29%	15%	8%	1%	3%	3%	5%
Sight (even with glasses)	17%	9%	12%	20%	17%	9%	14%	27%
Hearing (even with hearing aids)	17%	10%	5%	9%	8%	8%	18%	36%
Chest or breathing	18%	7%	5%	15%	10%	15%	26%	27%
Heart or blood pressure	27%	2%	3%	11%	15%	26%	33%	51%
Skin (including allergies)	13%	19%	12%	21%	13%	9%	11%	15%
Stomach, kidney, liver or digestion	17%	6%	6%	12%	13%	20%	24%	23%
Mental wellbeing	27%	26%	41%	42%	33%	31%	19%	15%
Unweighted base	753	64	55	50	89	100	174	221

This table demonstrates again that mental illness is most prevalent between the ages of 16-54, and it peaks at ages 35-44 (35%). These findings support those found in the 2010 Guernsey Emotional Wellbeing Survey<sup>11</sup>. The highest levels of autism, Asperger's and ADHD are reported among young people<sup>12</sup> (26% of under-16s and 20% of 16-24 year olds), and the same is true for learning difficulties (26% and 26% respectively).

**Table 23: Do you have any of the following named conditions or impairments? If yes, how severe is this condition...? % yes by age group (All people with a long-term condition – based on valid responses)**

	Total	Under 16	16 to 24	25 to 34	35 to 44	45 to 54	55 to 66	67+
<b>Autism, Asperger's, ADHD</b>	6%	26%	20%	8%	1%	6%	*%	0%
<b>Mental illness (including depression or phobia)</b>	22%	9%	34%	33%	35%	30%	18%	10%
<b>Learning difficulty</b>	11%	26%	26%	22%	2%	9%	4%	7%
<b>Epilepsy</b>	2%	0%	6%	4%	3%	0%	1%	0%
<b>Diabetes</b>	9%	0%	1%	4%	1%	9%	14%	18%
<b>Alcohol or drug addiction</b>	4%	0%	2%	12%	8%	2%	3%	2%
<b>Cancer</b>	3%	0%	0%	1%	0%	1%	4%	9%
<b>Fibromyalgia (FMS)</b>	2%	0%	0%	2%	1%	4%	3%	1%
<b>Chronic Fatigue Syndrome or ME</b>	2%	0%	6%	1%	1%	5%	2%	1%
<b>Other</b>	12%	13%	10%	19%	15%	5%	17%	8%
<b>Unweighted base</b>	<b>753</b>	<b>64</b>	<b>55</b>	<b>50</b>	<b>89</b>	<b>100</b>	<b>174</b>	<b>221</b>

<sup>11</sup> <http://www.gov.gg/CHttpHandler.ashx?id=4825&p=0>

<sup>12</sup> It is important to highlight that Guernsey does not have a way of diagnosing autism in adults.

## 9.2 Prevalence of conditions by gender

The following table shows how males and females are affected by different conditions in different ways.

Among females, 1 in 3 (36%) report a condition that affects their legs or feet and 31% report a condition that affects their neck or back. This is significantly higher than the prevalence amongst males.

**Table 24: To what extent, if at all, do you have a condition that affects your...? % 'a little / a lot' by gender (All people with a long-term condition – based on valid responses)**

	Total	Male	Female
Arms or hands	20%	17%	22%
Legs or feet	33%	30%	36%
Neck or back	29%	27%	31%
Speech	7%	8%	5%
Sight (even with glasses)	17%	19%	16%
Hearing (even with hearing aids)	17%	19%	17%
Chest or breathing	18%	22%	14%
Heart or blood pressure	27%	28%	26%
Skin (including allergies)	13%	13%	14%
Stomach, kidney, liver or digestion	17%	17%	17%
Mental wellbeing	27%	27%	26%
Unweighted base	753	341	411

Among males, they are more likely to report learning difficulties (14% cf. 9% female), diabetes (12% cf. 7% female), alcohol or drug addiction (6% cf. 2% female) and cancer (4% cf. 2% female).

**Table 25: Do you have any of the following named conditions or impairments? If yes, how severe is this condition...? % yes by gender (All people with a long-term condition – based on valid responses)**

	Total	Male	Female
Autism, Asperger's, ADHD	6%	9%	3%
Mental illness (including depression or phobia)	22%	21%	24%
Learning difficulty	11%	14%	9%
Epilepsy	2%	2%	1%
Diabetes	9%	12%	7%
Alcohol or drug addiction	4%	6%	2%
Cancer	3%	4%	2%
Fibromyalgia (FMS)	2%	1%	2%
Chronic Fatigue Syndrome or ME	2%	2%	3%
Other	12%	11%	12%
Unweighted base	753	341	411

### 9.3 Prevalence of conditions by household tenure

The following table shows how people of various household tenures are affected by different conditions in different ways.

Among those that rent from the States, 42% report a condition that affects their blood pressure, 29% report a condition that affects their sight and 30% their chest or breathing. The prevalence of these types of conditions is significantly higher than amongst owner occupiers and those that rent by other means.

[Note that the unweighted base for the three household tenures does not add up to the total because not all respondents provided their tenure information.]

**Table 26: To what extent, if at all, do you have a condition that affects your...? % 'a little / a lot' by household tenure (All people with a long-term condition – based on valid responses)**

	Total	Owner occupier	Rent from States	Rent other
Arms or hands	20%	21%	22%	14%
Legs or feet	33%	34%	42%	23%
Neck or back	29%	30%	33%	24%
Speech	7%	9%	4%	6%
Sight (even with glasses)	17%	18%	29%	7%
Hearing (even with hearing aids)	17%	19%	25%	8%
Chest or breathing	18%	16%	30%	12%
Heart or blood pressure	27%	25%	42%	19%
Skin (including allergies)	13%	16%	18%	2%
Stomach, kidney, liver or digestion	17%	17%	21%	13%
Mental wellbeing	27%	24%	31%	30%
Unweighted base	753	626	54	55

Those that rent from the States are also most likely to report having a mental illness (36%) and diabetes (18%).

[Note that the unweighted base for the three household tenures does not add up to the total because not all respondents provided their tenure information.]

**Table 27: Do you have any of the following named conditions or impairments? If yes, how severe is this condition...? % yes by household tenure (All people with a long-term condition – based on valid responses)**

	Total	Owner occupier	Rent from States	Rent other
Autism, Asperger's, ADHD	6%	5%	11%	5%
Mental illness (including depression or phobia)	22%	18%	36%	25%
Learning difficulty	11%	11%	13%	10%
Epilepsy	2%	2%	2%	0%
Diabetes	9%	7%	18%	7%
Alcohol or drug addiction	4%	4%	1%	4%
Cancer	3%	4%	3%	2%
Fibromyalgia (FMS)	2%	2%	4%	0%
Chronic Fatigue Syndrome or ME	2%	3%	0%	3%
Other	12%	15%	10%	5%
Unweighted base	753	626	54	55

## 10 Appendix 6: All named conditions reported

The following lists all the categories used by the respondents to report their condition. This includes where the condition was specified in free-text:

- Alcohol or drug addiction
- Arms or hands
- Arthritis
- Autism, Asperger's, ADHD
- Back / spinal problems
- Breathing problems / lung problems
- Bowel problems
- Cancer
- Chest or breathing
- Chronic Fatigue Syndrome or ME
- Diabetes
- Epilepsy
- Fibromyalgia (FMS)
- Hearing (even with hearing aids)
- Heart or blood pressure
- Heart problems
- Learning difficulty
- Legs or feet
- Mental illness (including depression or phobia)
- Mental wellbeing
- Neck or back
- Nervous system disorders
- Parkinson's
- Sight (even with glasses)
- Skin (including allergies)
- Speech
- Stomach, kidney, liver or digestion
- Stroke

## 11 Appendix 7: Acknowledgements

Many thanks to Bruce Stafford and Simon Roberts for their support in the design, analysis and reporting of this study.

**Simon Roberts** is an Associate Professor at the International Centre for Public and Social Policy, School of Sociology and Social Policy, University of Nottingham. Before joining the University of Nottingham he was a social and policy researcher at the universities of Brunel and Loughborough. His main research interests include UK, European and international social security, social security and discrimination and disability and discrimination. He is the UK expert and a member of the analytical group on the European Commission's Training and Reporting on European Social Security network.

**Bruce Stafford** is Head of School and Professor of Public Policy at the International Centre for Public and Social Policy, School of Sociology and Social Policy, University of Nottingham. Before joining the School in February 2006, he was a social and policy researcher in local government and at the universities of Birmingham, Loughborough and Salford.

His research interests are focused on policy evaluations and on social security in particular welfare to work, disability issues, and the implementation of policies and delivery of welfare services.



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