

Supporting an Adult with an Intellectual Disability with the *Our Rights, Our Voices* Survey 2026:

A Guide for Family Members and Supporters

What is this survey about?

Inclusion Ireland is inviting adults (aged 18+) with an intellectual disability to take part in our national survey. The aim is to understand what matters most to them, things like housing, health and education services, transport, work, and money.

This survey is the first of three we are asking members our community to fill out. The other two are for families with children with intellectual disabilities and families and supporters of adults with intellectual disabilities. All three are conducted online over SurveyMonkey.

We will use the answers to inform our Pre-Budget Submission for 2027 and to tell the Government what needs to change to create a more inclusive society. This will be a key event in our year, and we will use the information gathered to ensure our community's voices continue to shape our work.

What does the survey ask?

The survey includes 13 questions (Question 13 is optional). It includes visuals to help explain questions and choices to people answering it.

It asks about:

- The biggest issues affecting people's lives (e.g., getting a job, finding appropriate housing, getting around, etc.).
- Whether people with intellectual disabilities feel the Government listens to them.
- What changes would make life better for people with intellectual disabilities.
- Whether current social welfare supports are enough.

It should take about 5 minutes to complete. It can be filled in online [here](#). **The deadline to complete the survey is Monday 18th May.**

How can I support someone to take part?

Some people may prefer to complete the survey alone. Others may need help with reading, typing, or understanding the questions.

You can support by:

- Reading each question aloud, if needed.
- Explaining what the question means using everyday language.
- Offering examples, if that helps understanding,
- Letting the person choose their own answers (even if they're different from yours).
- Respecting the person's right not to answer a question.

All answers are anonymous. The survey does not ask for names or contact details. The results will be grouped together in our submission. We will publish the main findings in our report and will share them with the Government to help improve services.

Unfortunately, **we cannot distribute or accept printed copies of the survey.**

Helpful tips for supporters

Take your time – there's no need to rush.

Make sure the person understands each question before moving on.

Use clear, plain language.

Be patient. It's okay to take breaks if needed.


Remember: Question 13 is optional – it's fine to skip if the person doesn't want to answer it.

Final note

The voices of people with intellectual disabilities matter. Their lived experience helps shape better policies and services for everyone.

This survey is one way to make those voices heard, and your support can help make that happen. Thank you for helping someone take part.

Need support or have questions?

 **Telephone:** +353 (0)1 855 9891

Scan and share the
QR code to see the
survey!



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