We are excited to share with you an Easy Read summary about our research called:

Mobile Technology as a Tool to Increase Social Inclusion of People with Intellectual Disabilities

Please read this document.

It shows that mobile technology can help people with intellectual disability to feel more included.

You can find the full article here: https://onlinelibrary-wiley-com.wwwproxy1.library.unsw.edu.au/doi/10.1111/jar.12869

What was this research study about?

We wanted to find out:

- what mobile devices and apps are used on smart phones and other devices

- mobile devices are smart phones, tablets and laptops

- apps are application on devices, such as Facebook app, Google maps app

- how things like age and gender make a difference

- how who you are and

- how you use devices and apps

- impacts on how included you feel

In research we call this social inclusion.

Social inclusion is about:

- relationships with other people

- participation in the community

Participation includes:

- work

- social activities

Social inclusion is about being connected with:

- family

- friends

- work

What we already know from research?

Devices and apps can help with life skills.

Some people with intellectual disabilities:

- don't have many friends

- feel lonely

Relationships of people with intellectual disabilities are made up of:

- family members

- workers

Who was in our research team?

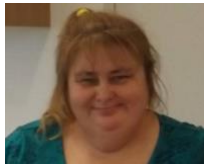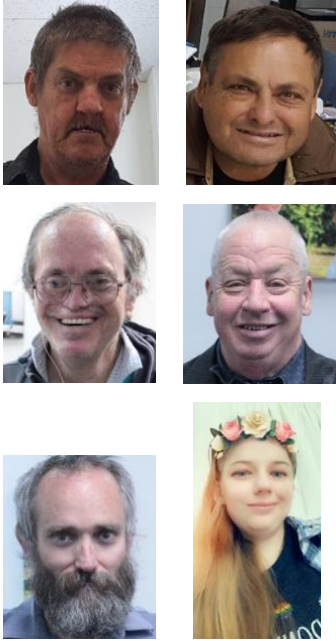This was an inclusive research study.

The researchers were from:

- University of New South Wales Australia

- Self Advocacy Sydney Inc.

- Iva Strnadová and Julie Loblinzk

- Andrew Martin and Terry Cumming

- Joanne Danker

We also had 5 advisors from Self Advocacy Sydney:

- Peter Lockyer
- Joe Refalo
- Robert Strike
- Allan Gittoes
- Bruce O'Brien

We also had one independent advisor:

- Sam Hurd

Who took part in this study?

114 people with intellectual disabilities

Half were female and half were male

About half of them received a disability support pension.

How did we do our research?

We developed an accessible survey.

People filled out the survey.

We reviewed answers people gave us.

What did we find out?

Finding 1

Participants who **made their own decisions**:

- what devices/apps they use

- how they use them

- when they use them

- had **positive connections** with:

  - family

  - friends

  - work/volunteering

Positive connections mean to:

- stay in touch

- do things with others

- feel a sense of belonging

Why does it matter?

People need support to make decisions:

- what devices/apps they use

- how they use them

- when they use them

Finding 2

Participants who used devices/apps more often, had more positive connections with:

- family

- friends

- work/volunteering

Why does it matter?

If people use devices/apps **more often**, it increases:

- competence

- confidence

It helps to use devices/apps to make and keep social connections.

Finding 3

Participants who used **more device/apps** had more positive connections with:

- family

- friends

Why does it matter?

Using more than 1 or 2 apps helps connect people to:

- more family members

- more friends

Using only 1 or 2 apps means some relationships are:

- not possible

- more difficult to make and sustain

Finding 4

Older participants were more likely to make their own decisions about:

- what devices/apps they use

- how they use them

- when they use them

Older participants:

- needed more help to use mobile devices/apps

- used fewer devices/apps to connect with family and friends

This meant fewer social connections.

Why does it matter?

Many older people make own decisions about using devices/apps.

They may need support about the best devices/apps to be socially connected.

Apps most commonly used

With family:

- mobile phone voice call (92%)

- text (78%)

- Facebook (60%)

- YouTube (32%)

- websites (27%)

- Facetime/Skype (26%)

With friends:

- mobile phone voice call (83%)

- text (75%)

- Facebook (58%)

- YouTube (26%)

At work:

- mobile phone voice call (64%)

- text (56%)

- Facebook (33%)

- websites (30%)

For more information, please contact Iva

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