

People at the Centre Update 1

Report reveals lockdown impact on people living with Cerebral Palsy

26 June - Survey research undertaken by a leading charity has highlighted the impact of COVID-19 restrictions on the mental and physical health of people living with Cerebral Palsy, and their carers.

70% of people with Cerebral Palsy, and their Carers, felt the situation was impacting negatively on their physical health.

54% of respondents to a Cerebral Palsy Scotland survey reported that restrictions were impacting negatively on their mental health.

- 69% of respondents had experienced the cancellation of medical appointments.
- 15% reported that planned surgery had been cancelled.
- 58% reported that both shielding and practicing social distancing was affecting their lives “a great deal” or “a lot”.
- 42% were either finding it hard to make contact with health professionals or didn't feel they were getting enough support.

[Read Cerebral Palsy Scotland report – Impact of COVID-19 Restrictions.](#)

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Secondary survey lends a deeper understanding

4th Sept -Following their previous survey in June Cerebral Palsy Scotland Survey undertook further research and found that:

- Over 50% said that their family was more isolated as a result of the restrictions.
- 71% reported that any care arrangements they had in place previously were not yet back to the levels they were pre-Covid.
- 55% responded that their physical health had declined
- 30% of the survey classed themselves as “shielding” although only 8% reported that they had received an official letter, reflecting how vulnerable people felt as a result of their condition.
- 58% reported difficulty in accessing support from physiotherapy, occupational therapy and speech and language therapy with 51% only able to access healthcare services online or via telephone

“Other than Cerebral Palsy Scotland who kept us up to date, no other health care bodies have been in contact.”

“Hospital appointments cancelled, mental health worse because I can’t socialise”

“The GP was very reluctant to come out. The hospital was helpful but have a low threshold for admission.”

[Read Cerebral Palsy Scotland report – Understanding the Impact of COVID-19.](#)

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18th June - There was a high degree of commonality with the issues raised within the **'Life in Lockdown with MS'** report, produced by the MS Society.

For the over 15,000 people living in Scotland with Multiple Sclerosis (MS) the impacts of the Covid-19 pandemic have been far reaching and life changing.

Many have felt anxious, isolated and concerned about the future. As we move into the next phase of easing lockdown, this anxiety is set to continue as people now navigate living with MS in a COVID world.

Some had seen a deterioration in their condition, manifesting in both their physical and mental wellbeing. The longer term consequences of being unable to access the services and support normally used to manage MS may be seen for years to come.

[Read MS Society Scotland report 'Life in Lockdown with MS'.](#)



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