

People at the Centre Update 8

The impact of shielding on people's health, wellbeing and access to services

Public Health Scotland's COVID-19 Shielding Programme (Scotland) Impact and Experience Survey was published on 23 September 2020.

Key Findings on the impact of shielding from this survey are:

- 87% reported a negative impact on their quality of life
- 85% reported a negative impact on their physical activity
- 72% reported their mental health had been negatively impacted
- 71% felt they were coping ok
- 40% of respondents reported a negative impact on the condition(s) for which they are shielding.

Each of the negative impacts was reported more commonly in socio-economically vulnerable respondents

- Only 48% felt they were coping
- 88% reported a negative impact on their mental health

Respondents who are caring for a shielded adult or shielded child are more likely to report negative impacts on their mental health than those who are shielded themselves.

People at the Centre Update 8

The survey also reported the following findings in relation to experiences of people shielding and their access to healthcare services:

- Home delivery of medicines enabled respondents to avoid leaving their home to pick up their medication.
- Respondents who receive mental health support by phone or video conference are more likely to leave their home for their wellbeing or mental health reasons.
- Respondents who receive GP or hospital appointments by phone or video conference are more likely to leave their home for healthcare appointments.
- One third (32%) of respondents reported a negative impact on the quality of care they receive.
- 9% of respondents to the survey are struggling to access healthcare appointments.
- Respondents who are not working because of a long-term condition or disability are more likely to struggle to access healthcare appointments
- 10% of those who have accessed GP or hospital appointments by phone or video conference still report that they are struggling to access healthcare appointments. This suggests that 'telehealth' approaches may not address all healthcare access constraints for all respondents.
- Only 2% of respondents struggled to access their medication.
- 63% of respondents reported requiring increased information about the level of risk specific to their health condition.

[More information on the findings of this survey is available in the report from Public Health Scotland "COVID-19 Shielding Programme \(Scotland\) Impact and Experience Survey".](#)