



# Scope 1 in 4 Poll information sheet

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## Wellbeing

### Results for personal wellbeing experienced by people with a disability

The Scope 1 in 4 Poll began in 2010 and aims to:

- Capture the voices of Australians with a disability and their carers.
- Understand the views and needs of people with a disability and their carers.
- Increase the power of people with a disability and their carers to influence social and political processes.

A poll measuring the wellbeing and social inclusion of people with a disability ran from October 2010 to September 2011. Across Australia, 761 people responded to the survey.

In a series of questions, respondents were asked to rate their personal wellbeing. Participants rated their satisfaction with their **life as a whole, standard of living, health, life achievements, relationships, personal safety, community connectedness, future security** and **spirituality or religion**. At 0 they were completely dissatisfied, while at 10 they were completely satisfied. Therefore the higher the score, the higher they rated their personal wellbeing. These scores are converted to a score out of 100.

These questions comprise the Personal Wellbeing Index (PWI) as developed by The International Wellbeing Group<sup>1</sup>. They have been used on a quarterly basis since 2001 to measure the personal wellbeing of the Australian population. Below are the results of the Scope 1 in 4 Poll participants compared to the general Australian population<sup>2</sup>.

## The results

The survey asked adults with a disability to rate their personal wellbeing in a number of areas. In every instance, the results of the Scope 1 in 4 Poll were significantly lower than the results of the general Australian population.

<sup>1</sup> *The International Wellbeing group is an international collaborative network with the aim of developing a brief, standard index to measure population subjective wellbeing. For further information, go to [www.deakin.edu.au/research/acqol/iwbg/index.php](http://www.deakin.edu.au/research/acqol/iwbg/index.php).*

<sup>2</sup> *Data obtained from the Australian Unity Wellbeing Index, general population surveys conducted six monthly since 2001 by Australian Centre of Quality of Life, Deakin University.*



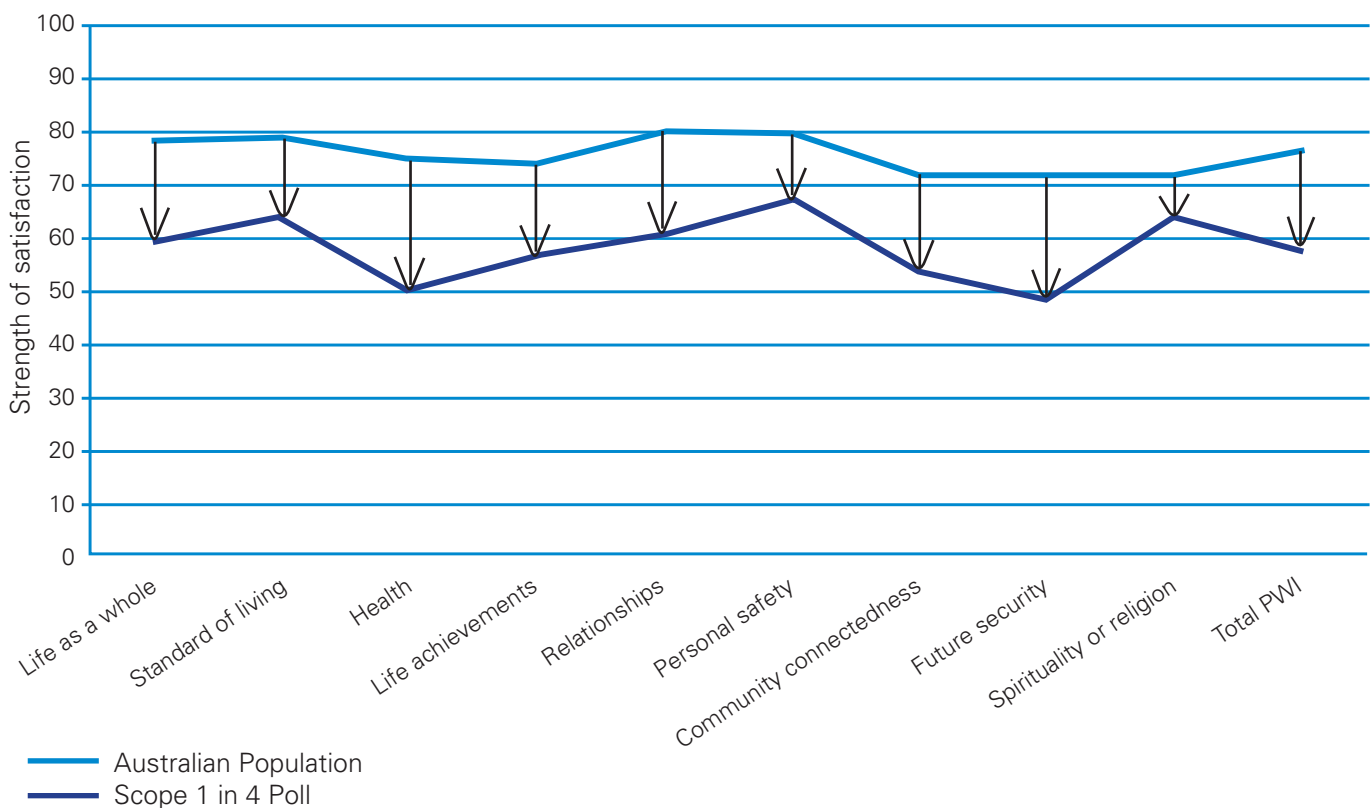
## The results (cont.)

The general Australian population report they are largely satisfied with their lives. By contrast, the Scope 1 in 4 Poll shows that people with a disability experience a level of wellbeing approximately 18% below that of the general Australian population.

The table and chart below show the gap between the level of wellbeing of the Australian population and the people with a disability who were respondents of the Scope 1 in 4 Poll.

	Scope 1 in 4 Poll	Australian population *	Difference
Life as a whole	58.67	77.66	18.99
Standard of living	63.17	77.82	14.65
Health	49.72	74.68	24.96
Life achievements	55.96	73.59	17.63
Relationships	60.08	79.43	19.35
Personal safety	66.97	79.02	12.05
Community connectedness	53.78	71	17.22
Future security	48.71	71.02	22.31
Spirituality or religion	63.62	70.88	7.26
<b>Total PWI</b>	<b>57.68</b>	<b>75.25</b>	<b>17.57</b>

\*The Australian population data is the average across all surveys from 2001 conducted by Australian Centre on Quality of Life, Deakin University and Australian Unity.





## The results (cont.)

**While people with a disability experience lower wellbeing in all areas, the gap is widest in the areas of health and future security.**

### Health

The wellbeing of people with a disability in relation to health is around 25% less than that of the Australian population. This finding puts the focus on health services to ensure people with a disability have equitable access to more services.

### Future security

The wellbeing of people with a disability in relation to their future security is around 22% less than that of the general Australian population. People with a disability are more likely to be unemployed and/or experience poverty and social exclusion than the general population, and experience significant levels of unmet need for appropriate services and supports. These factors are likely to influence their satisfaction with their future security.

### Personal relationships

The wellbeing of people with a disability in relation to their personal relationships is around 19% below that of the general Australian population. Personal relationships are known to be a contributing factor to wellbeing. Increasing the number and quality of relationships of people with a disability is likely to have a positive impact on both wellbeing and social inclusion.

Overall, these results indicate that much needs to be done to raise the level of wellbeing of people with a disability in Australia to become equal to that of the general population.



## About the Scope 1 in 4 Poll

People with a disability represent a significant proportion of the Australian population. Approximately one in five Australians has a reported disability and the prevalence of disability is increasing. There are more than 2.5 million Australians who are carers of people with a disability. Together, one out of every four Australians either has a disability, or is caring for someone with a disability.

It is acknowledged that the exclusion of people with a disability is a human rights issue. People with a disability are among the most marginalised of our population. The Scope 1 in 4 Poll surveys people with a disability whose voices would otherwise not be heard, as traditional research methods exclude many disability types. Each poll gathers first hand experiences of people with a disability on issues of importance to them. This is then used to tell their stories.

## Future polls

To take part in future surveys run by the Scope 1 in 4 Poll visit [www.1in4pollaustralia.com](http://www.1in4pollaustralia.com).

## Partners

Deakin University and Scope are partners in this project. This research was supported under Australian Research Council Linkage funding scheme (project number LP0883843).

## Scope 1 in 4 Poll contacts

Information on the project can be found at [www.1in4pollaustralia.com](http://www.1in4pollaustralia.com) or by contacting the Scope 1 in 4 Poll office on **03 9244 6705** or emailing [1in4poll@deakin.edu.au](mailto:1in4poll@deakin.edu.au).

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