Research to make a Difference

# What stops you from going out?

The world has changed for everyone, for some a lot, for others a little. Before it changed, [Difference North East](http://www.differencenortheast.org.uk/) wanted to find out what prevented disabled folk going out and about, enjoying public space, going to the shops, or just out for the day.

We wanted to know this because we think that there are disabled people out there that rarely or never get a chance to go out. Of course, we know that many disabled people go out whenever they want to, but there are others who feel unable to do so. We wanted to know because if there was a problem we can try and help because we think that is a human right for disabled people to go out unfettered, when they want to.

Then COVID-19 happened and all of a sudden, nobody could go out! Now we are nearly at the end of all restrictions and everyone is looking to go out again. But for some people it may not be that straightforward and if my experience is shared by anyone, things seem to have got much worse. So, we want to know from others in the disabled club what stops them from going out now. We especially wanted to find out if anything made people feel trapped and if COVID-19 has made it more difficult for people to go out.

Please answer the questions and as much detail as you can – we have included multiple choice and a space for you to write longer answers. You can also send a video and or an audio recording via [email](http://christopher@differencenortheast.org.uk), or phone me up to talk them through (07813 7895329). If you wouldn’t mind talking some more about your experiences, just tick the box and Christopher will give you a call.

Yes, I agree to be contacted by the researcher: ⧠

Phone number or email: ……………………………………

**Every completed questionnaire shall be entered into a £20 Amazon voucher draw.**

# Please answer the following questions

## **What stops you from going outside? [tick box]**

1. Nothing [ ]
2. Lack of transport[ ]
3. Lack of energy/fatigue[ ]
4. Lack of opportunity[ ]
5. Need help[ ]
6. Can’t afford it[ ]
7. Don’t have the necessary equipment[ ]
8. My equipment is not good enough to go outdoors[ ]
9. I don’t have a nice time when I go out[ ]
10. I feel anxious[ ]
11. Toileting problems[ ]
12. Access problems [ ]
13. Communication difficulties[ ]
14. Confusing and noisy environments[ ]
15. Too uncomfortable to travel[ ]

## **Tell us something that has stopped you going out … [open question]**

## **Tell us something that has helped you to go out …** [open question]

## **How often do you go out**?

Daily [ ]

Every few days[ ]

Weekly[ ]

Monthly[ ]

Annually [ ]

Does your family help you get ready? [yes/no/na]

Do your friends [yes/no/na]

Do you have carers to help you get ready? [yes/no/na]

I don’t need no help[ ]

## **When you do go out, where do you go?**

Shopping for clothes? [yes/no/na]

Shopping for groceries? [yes/no/na]

Someone else shops for me. [yes/no/na]

Meet people in cafés? [yes/no/na]

To the pub at night? [yes/no/na]

To the pub in the day? [yes/no/na]

To the cinema? [yes/no/na]

To the theatre? [yes/no/na]

## **Is there anything that makes you feel trapped?**

Yes [pls tick as many as apply]

1. House[ ]
2. Carers[ ]
3. No help[ ]
4. No transport[ ]
5. Family [ ]
6. Friends[ ]
7. No money[ ]

## **Please tell us anything else you think important**