



# Staying active during the Coronavirus outbreak

## What do you think?

To complete this online survey you need to download it to your computer and open it in Acrobat Reader.

You can get Acrobat Reader for free from:  
[www.get.adobe.com/uk/reader](http://www.get.adobe.com/uk/reader)



**easy  
read**

# Introduction



This survey comes from **Disability Rights UK** and **Sense**.



**Disability Rights UK** campaigns for the rights of disabled people.



**Sense** works for people who are deaf and blind or who have complex disabilities.



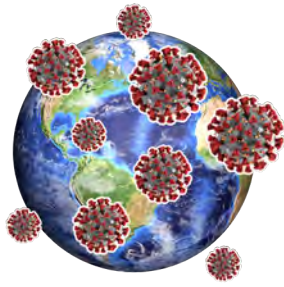
The Government wants us all to keep active while we stay at home during the **Coronavirus COVID-19 outbreak**.



Get Yourself Active is led by Disability Rights UK. It is a project that helps disabled people to get active in a way that is right for them.



We want to know how disabled people are keeping active at this time.



**Coronavirus COVID-19** is a new illness that is spreading around the world.



An **outbreak** is when a lot of people get ill at the same time.



## Prize draw



We will be giving away Amazon vouchers of £100 and £60 at random to two people who take part in this survey.



Enter your contact details at the end of the survey if you would like the chance to win.

# About you

**Question 1:** Who are you answering these questions for?



Myself



Someone I am supporting



My child

Other, please say

## Question 2: Where do you live?



- Scotland
- Northern Ireland
- Wales
- North East England
- North West England
- Yorkshire and the Humber
- West Midlands
- East Midlands
- South West
- South East
- East of England
- Greater London



**Question 3: Are you...**

Male

Female

Other, please say

Prefer not to say



**Question 4: How old are you?**

**Question 5: Do you have the internet at home?**



Yes

No

**Question 6:** Please tick any of these that apply to you.



Difficulty with eyesight



Difficulty with hearing



Physical disability



Learning disability or difficulty with concentrating or remembering



A condition that affects how you behave, like Autism, Attention Deficit or Asperger's Syndrome



A long-term health condition

Other health condition or disability. Please say what

# Keeping fit



**Question 7:** How much exercise do you usually take in a week?

Very little

Some light exercise 2 or 3 times a week that doesn't get me out of breath

Some light exercise every day that doesn't get me out of breath

Some exercise 2 or 3 times a week that gets me a little out of breath and a little tired

Some exercise every day that gets me a little out of breath and a little tired

Hard exercise 2 or 3 times a week that gets me out of breath and tired

Hard exercise every day that gets me out of breath and tired

Other - please say



**Question 8:** Do you think it is important for you to be active at this time?



Yes, it's important to me to be active all the time



Yes, it's important to me to be active some of the time



I try to be active



It's not important to me to be active

**Question 9:** Where is best for you to do your exercise? *Choose top 3.*



Inside the house



In the garden



In green spaces like woods, parks or fields



On beaches or river paths



Outside in the city, town or village where I live



None of these

Other - please say

**Question 10:** Have any of these people supported you to be active in the last few weeks? *Tick all that apply.*



Someone from your family



A friend



A carer



A social worker



Support staff



A healthcare professional



A pet

No one

Other - please say



**Question 11:** While we have all had to stay at home, have you had the chance to be physically active outside the house?

Yes

No

**Question 12:** What activities have you done? *Tick all that apply.*



Walking



Walking the dog



Wheeling



Cycling



Running



Playing outdoor sports

None

Other - please say

# Resources that help you to be active



A **resource** is something that you can use.

It might be:



- An online video session with your personal trainer or your usual exercise class.



- A live exercise session online - maybe on YouTube or a website. Like Joe Wicks or Les Mills.



- An **app** on your phone, like Couch to 5k.

An **app** is a computer programme that you can put onto your phone or computer.



- A Fitbit. This is something you wear on your wrist that checks how much exercise you are taking.



- Zoom. This is a computer programme that you can use to have a video meeting online.

**Question 13:** While we have all been at home, have you used a resource to help you to exercise? *Tick all that apply.*



Yes, a video session with my personal trainer or class



Yes, a live exercise session on YouTube or another website



Yes, an app on my phone



Yes, podcasts



Information sheets



No

Other - please say

**Question 14:** How happy are you with the resources that are available to help you exercise?



1 - very unhappy



2 - unhappy



3 - quite unhappy



4 - not very happy



5 - OK



6 - they are alright



7 - quite happy



8 - happy



9 - very happy



10 - very, very happy



**Question 15:** Tell us what is good about the resources that are available?

A large, empty rounded rectangular box for writing an answer to Question 15.



**Question 16:** What could be made better about these resources?

A large, empty rounded rectangular box for writing an answer to Question 16.



**Question 17:** Which of these resources would you find useful?



Please write the numbers 1 to 11 in the boxes so that number 1 is the most useful, number 2 is the second most useful, number 3 is the third most useful, etc.



A session with my own trainer on television



A group session with my usual group on television



A live session on Facebook, Twitter or YouTube - like Joe Wicks - where I take part at the same time as everyone else



A video-call where I can ask questions



A video that I can watch when I want



An audio described workout - like a podcast



An app



Accessible PDF information sheets



An exercise session printed onto paper



None of these

Something else - please say

**Question 18:** Who would you prefer to be running your activity sessions?



An expert who is disabled



An expert who is not disabled



It doesn't matter

**Question 19:** What do you want from an online exercise session? *Tick the best 3 ideas.*



It has to be fun



It should give me the confidence to be active



It should give me information about being active



It should tell me how to make the space to do exercise



Tips on using equipment



Information on what activities I can do

Other - please say

# Types of exercise

**Question 20:** What types of physical exercise would you be most interested in? Choose top 3.



A workout to make me stronger



A workout that gets me out of breath and is good for my heart



A workout where I can sit down



Exercising outside



Playing sports outside



Aerobics



Zumba



Dancing



Kickboxing



Yoga



Wheelchair yoga



Seated yoga

Other - please say

# What's best for you?



**Question 21:** A lot of disabled people stay still for long periods of time. How do you like to break up these periods of time?



Move to a different place in your home for a few minutes



Do strength exercises



Take part in a workout at home



Do housework or gardening



Be told by an app, fitbit, or text message to move for a few minutes

**Question 22:** What is the best way for us to tell you about any resources we produce?



Google



On a website



Twitter



Facebook



Instagram



Email



App



Newsletters

Other - please say what



**Question 23: Please tell us your...**

Phone number



Email



Address



We need this information to enter you into the prize draw for the Amazon vouchers.



**Question 24:** We want to ask some people some more questions about keeping active over the phone.



If you are happy for us to phone you please tick this box.



**Question 25:** We want to ask some people some more questions in a few months time.



If you are happy for us to ask you more questions in a few months please tick this box.

# Thank you



Thank you for answering these questions.



Please click this button to send your survey back to us:

# Send



Clicking the button above will automatically create a new email with our address on it and your survey attached.

You will then need to click 'send' to email your survey back to us.



Or you can attach the survey to an email yourself and send it to:  
**[lydia.bone@disabilityrightsuk.org](mailto:lydia.bone@disabilityrightsuk.org)**

# For more information



For more information about this survey please contact Lydia Bone by email:  
**lydia.bone@disabilityrightsuk.org**

For more information about Disability Rights UK please contact us by:



Our website:  
**www.disabilityrightsuk.org**



Email:  
**enquiries@disabilityrightsuk.org**



Telephone: **0330 995 0400**



Post:  
**Disability Rights UK  
Plexal  
14 East Bay Lane  
Here East  
Queen Elizabeth Olympic Park  
Stratford  
London  
E20 3BS**

Easy Read by **easy-read-online.co.uk**