



# From Data to Dignity

## 2026



# Before you read this



Some of the information in this report is about things that may make you:

- upset
- worried.



This report is about what things are like for most people with intellectual disability.



This does not mean the things in this report will happen to:

- you
- people you know.



People with intellectual disability are all different.



If something upsets you, you can talk to your:

- whānau or family
- friends or partner
- support person.



Some people use the words learning disability instead of intellectual disability.

# About this report



IHC and **Kōtātā Insight** looked at information about people with intellectual disability.



**Kōtātā Insight** is an organisation that does **research**.



**Research** is when you ask a question and find out information about something.



The information comes from the **Integrated Data Infrastructure**.



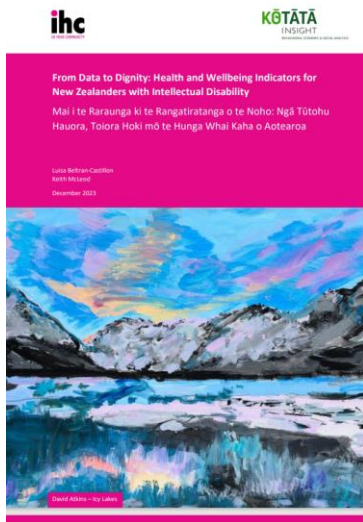
The **Integrated Data Infrastructure** is a big collection of government **data** about people in New Zealand



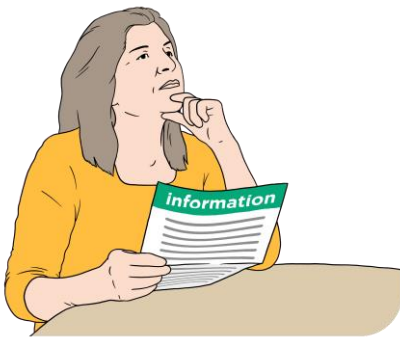
**Data** is information that is used to understand the world.

Data can be made up of numbers, words, pictures, and sounds.





We wrote our first report  
From Data to Dignity in 2023.

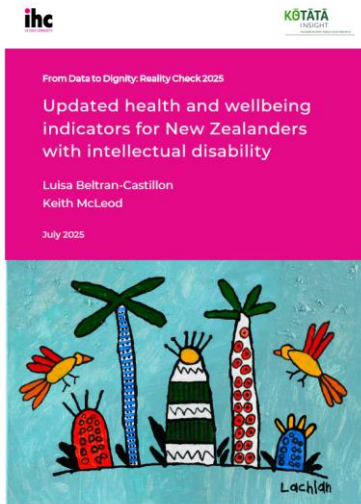


Our new report has:

- New information
- More information



This is an Easy Read summary of  
the new report.



There is more information in the full report.



The full report is not in Easy Read.



You can find the full report at:

[www.ihc.org.nz/d2d-reality-check-25](http://www.ihc.org.nz/d2d-reality-check-25)

# Numbers in this report

This report talks about how likely something is to happen using numbers out of 10.



If 1 out of 10 people do something, that means very few people do it.



If 5 out of 10 people do something, that means half of people do it.



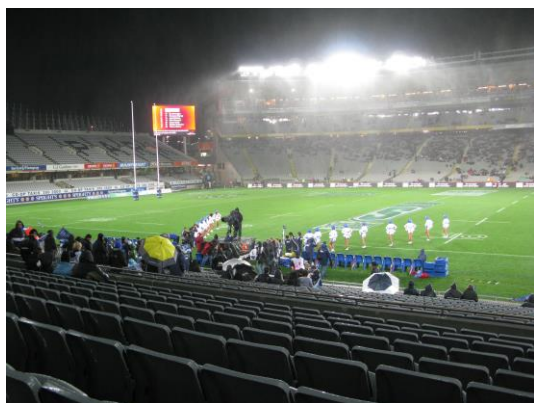
If 9 out of 10 people do something, that means most people do it.



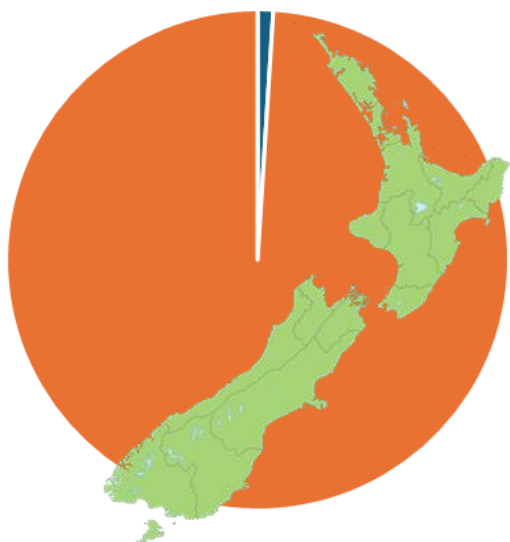
# Intellectual disability



There are 50,000 people with intellectual disability in New Zealand.



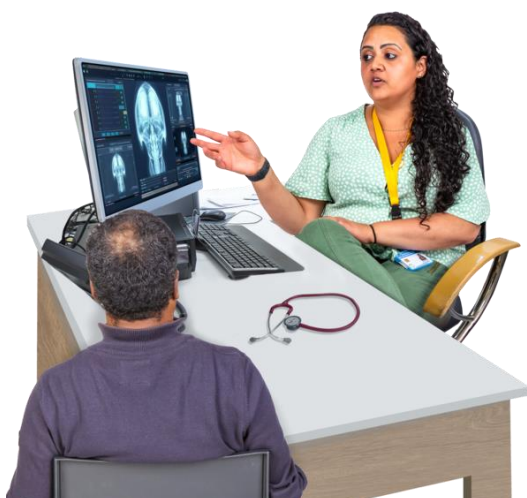
50,000 people is the number of people who can fit in a large stadium, like Eden Park in Auckland during a rugby match.



There were more people with intellectual disability in New Zealand in 2023 than in 2018.



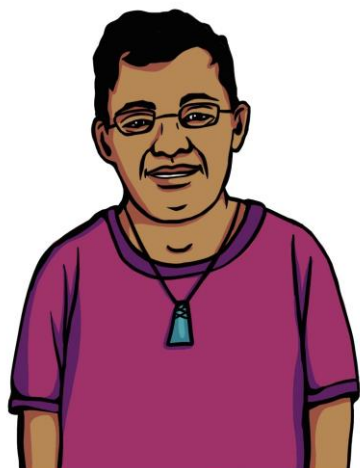
Fewer children were **diagnosed** with intellectual disability before they turned 4 years old.



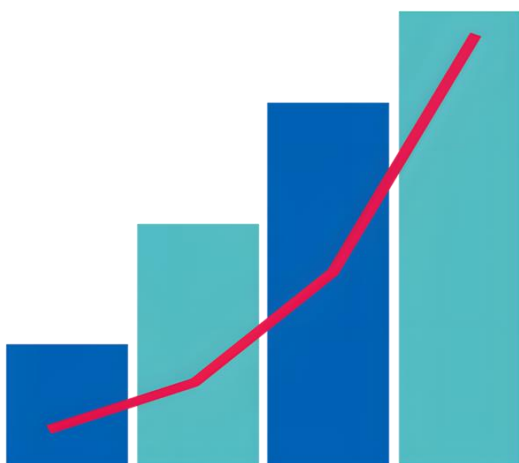
A **diagnosis** is when a doctor or health professional names the condition someone has or the way they think and learn.



This can mean families are waiting longer to find out if someone has an intellectual disability.



Māori are the most likely to have intellectual disability.



People with intellectual disability are more likely to:

- Live in towns or small cities
- Live in the poorest communities with the least access to services
- Have different kinds of families.

# Health and life



People with intellectual disability die much younger than other people.



Māori women with intellectual disability have the shortest lives.



People with intellectual disability are more likely to smoke and less likely to stop smoking.

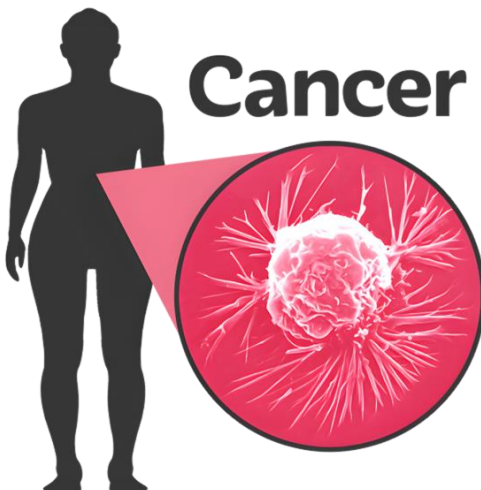


People with intellectual disability are more likely to have problems with their body health like:

- Lung disease

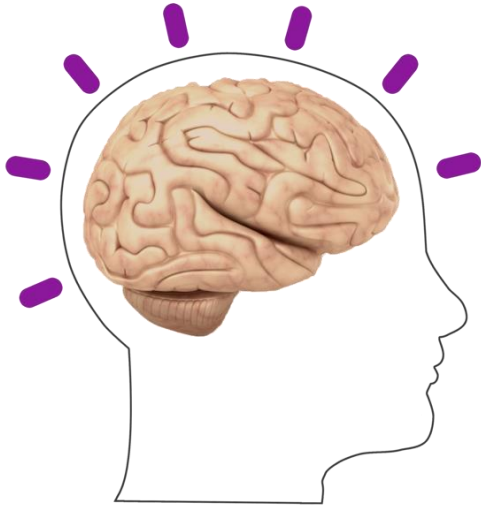


- Diabetes



- Cancer





Mental health challenges like:

- Feeling very sad or numb for a long time
- Having confusing thoughts, feelings or experiences
- Thoughts or feelings that make daily life more difficult.



People with intellectual disability are more likely to go to hospital because:

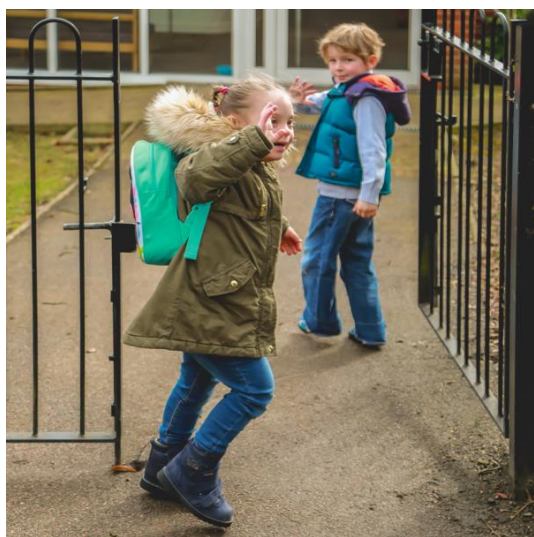
- They were not given help early
- The help they got did not work well.

This means they got more sick and had to go to hospital.

# Education



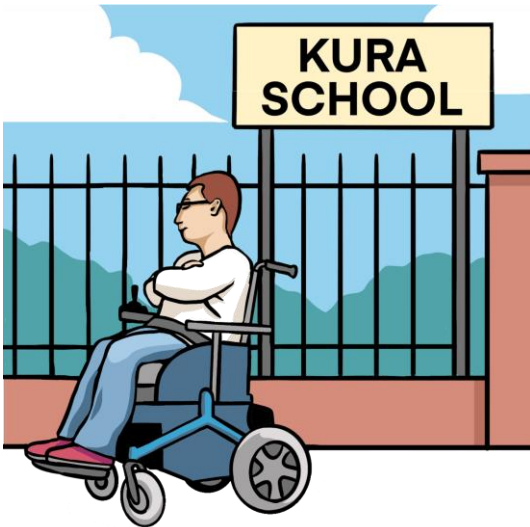
About 1 in 4 children and young people with intellectual disability go to a **specialist school**.



A **specialist school** used to be called a special school.

It is a school for students with learning differences.

It is different from schools that are for everyone.



Children and young people with intellectual disability are more likely to:

- Not be signed up to go to school
- Miss school often
- Be stood down or **suspended**



Being **suspended** means a child cannot go to school or school activities for a time.



About 6 out of 10 young people with intellectual disability leave school with no **qualification**.

About 1 out of 10 other young people leave school with no qualification.



A **qualification** is a certificate that shows someone has learned something important.

For example, many people leave high school with a qualification called NCEA Level 1, 2, or 3.

# Work, care, and volunteering



Only about 2 in 10 adults with intellectual disability have paid work.

About 7 in 10 other adults have paid work.

People with intellectual disability are nearly 7 times more likely to get a **benefit**.



A **benefit** is money that some people get every week when they do not get enough money to live from other places, like work.





Less than 1 in 10 adults with intellectual disability **volunteer**.

About 2 out of 10 other adults volunteer.



A **volunteer** is someone who helps others because they want to, without getting paid.

# Money



Most people with intellectual disability have less money to live on than other people.



Many people with intellectual disability get less money over their life because are not given paid work.



They are more likely to live in the poorest communities with the least access to services.

## Payment card

1234 5678

People with intellectual disability are more likely to need **special grants**.



A **special grant** is money from Work and Income for things people on a low income need and cannot pay for any other way. For example:

- Food
- Dentist
- Electricity.



# Housing



People with intellectual disability are more likely to live in homes that are:

- Damp
- Mouldy
- Crowded.



They are more than 2 times more likely to live in **social housing**.



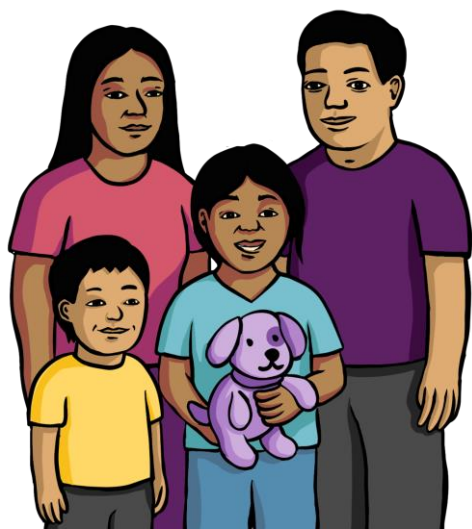
**Social housing** is housing for people who need help to find a safe place to live with the money they have.



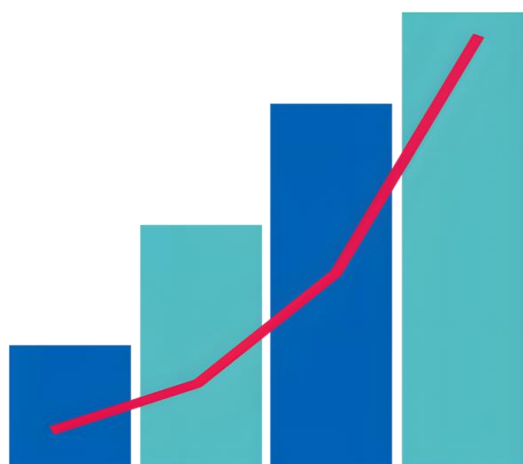
They are waiting longer for social housing now.



# Family and relationships



Children with intellectual disability are less likely to live with their birth parents.



More children with intellectual disability live with their birth parents in 2023 than they did in 2018.



Adults with intellectual disability are more likely to live with their parents.



People with intellectual disability are less likely to marry or have children.

# Safety and justice



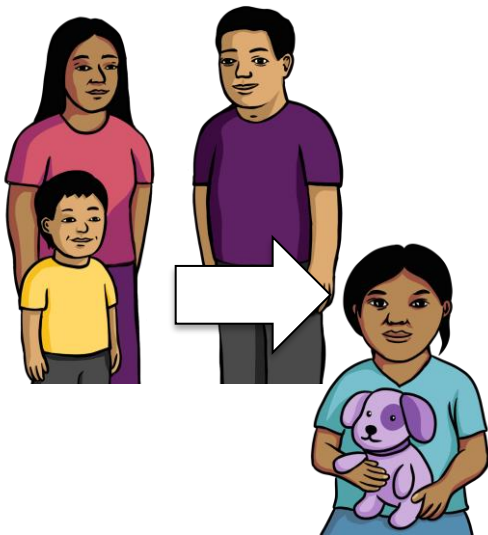
Children with intellectual disability are over 2 times more likely to have a crime happen to them.



Adults with intellectual disability are more likely to have a crime happen to them.



Adults with intellectual disability are more likely to go to prison.



Parents with intellectual disability are 16 times more likely to have their child **placed in care** by **Oranga Tamariki**.



**Placed in care** means keeping a child safe away from their home when there is a big problem.



**Oranga Tamariki** is a part of the government that looks after some children who are at risk or are likely to be at risk and some young people who do a crime or are likely to do a crime.

# Residential care



**Residential care** is a place where adults with intellectual disability live with support.



People in residential care have a bit less heart disease, lung disease, and diabetes.



They visit their doctor more often and take more medicines.





Mental health challenges are more common for people in residential care.



They are more likely to get to see a dentist in hospital.



They are less likely to have a:

- Qualification
- Job
- Drivers licence.





Their housing is usually better and drier with fewer people in them.

People in residential care are:

- Less likely to have a crime happen to them
- Less likely to have a **criminal conviction**



Than other people with intellectual disability.



A **criminal conviction** means a court has found a person guilty of committing a crime and that information has become part of their record.

# Why this matters



Life can be worse for people with intellectual disability.



We want the government to find out more data about how things are better or worse for people with intellectual disability.



We want the government to listen to the data and do something to make life better for people with intellectual disability.



We want the government to tell people about the data.



The problems in this report will not get better until the government does more to help.



Nicolina Newcombe translated this information into Easy Read.



David Corner checked this information to make sure it was easy to read.

Machefert, S. (2011). Eden Park.

[https://commons.wikimedia.org/wiki/File:Eden\\_park\\_stadium\\_-\\_200906\\_%281%29.jpg](https://commons.wikimedia.org/wiki/File:Eden_park_stadium_-_200906_%281%29.jpg)

Russellstreet. (2010). The Beehive.

<https://www.flickr.com/photos/russellstreet/4640528423>