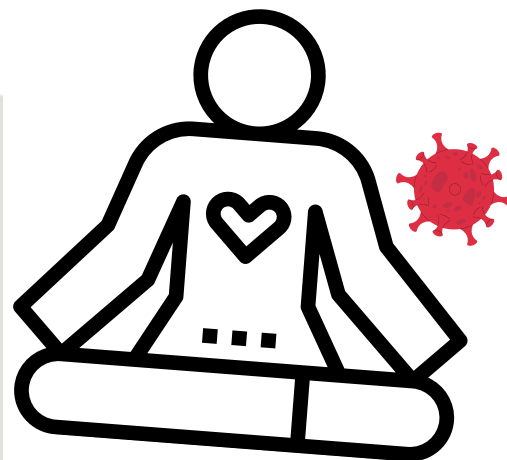


Online Course to Improve the Mental Health of People with Intellectual Disabilities (ID) During COVID-19

A Research Study



Link to paper: [‘More together than apart’: The evaluation of a virtual course to improve mental health and well-being of adults with intellectual disabilities during the COVID-19 pandemic](#)

camh

Azrieli Adult
Neurodevelopmental Centre

Why did we do this research?



The COVID-19 pandemic has given many people with ID a lot of stress.



People with ID can connect virtually with friends, family, and healthcare workers to help them feel less stressed.



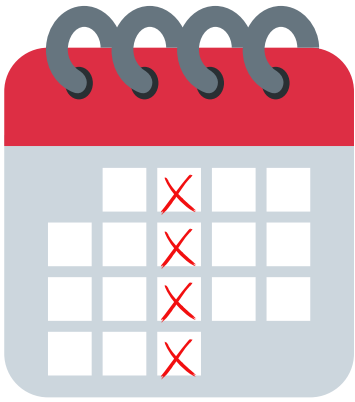
We wanted to learn if people with ID felt **less stressed** after taking our online course about coping with COVID-19.

What did we do?



Healthcare workers and people with ID **created an online course together.**

The course teaches people with ID **how to cope with COVID-19.**



The course happened once a week for 6 weeks.



The group talked about different **mental health topics** every week.



We wanted to know if people **felt better** after taking the course.

What did we learn?



Many people **participated** and **enjoyed** the course.



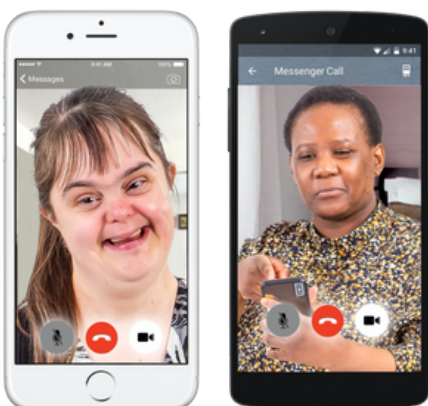
People felt **ready** to do things to support their **mental health**.



People learned **questions** to ask **healthcare providers**.



People learned ways to take **care of their mental health**.



People **felt that they were able to improve their mental health** after taking the course.

So what?



Our team created one of the **first mental health courses** on **cop**ing with **COVID-19** for people with ID.



People who took the course:

1. **Enjoyed** the group
2. Felt **connected** to each other
3. Felt **less alone**
4. Became part of a **caring community**



We want to make sure that everyone with ID can **take online courses** like this.

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We also thank the group of self-advocate advisors who worked together with our team to create this easy read guide.

