

National Core Indicators®- Intellectual and Developmental Disabilities

Data Highlight

What Do NCI Data Tell Us About How Many People with IDD Take Vacations?*

According to the results of the 2020-2021 In-Person Survey (IPS), 25% of respondents with intellectual and developmental disabilities (IDD) took a vacation during the survey period.

Why it matters Prior to the pandemic, about 70% of Americans took vacations, compared to 46% of people with intellectual and developmental disabilities (IDD) who responded to the 2018-2019 IPS. During the pandemic, many people were isolated and unable to participate in leisure activities, including vacations. Limited leisure was also a consequence of continued DSP workforce shortages.

By 2021, while just 44% of the general population vacationed, only one in four people with IDD reported taking a break – a number that ranged by state from 6% to 39%. The benefits of vacation are abundant and well-documented, especially for those with IDD, whose social networks and opportunities are often more limited as a result of the enforced uniformity of their daily lives. Vacations add to our quality of life and expand our horizons. Indeed, respondents to the IPS who reflected positively on their services and supports were significantly more likely to report having gone on vacation.



Questions to ask: Do state guidelines for individual support plans include vacations and leisure time? What supports would be necessary to support the individual? Has the state explored how to help people use their ABLE account to take a vacation (ABLE accounts can be used to fund vacations as long as it helps maintain or improve the health, independence, or quality of life)? Are provider staff available to accompany and support people while on vacation? Are families with adult family members encouraged to take vacations with their family members? Are people with IDD and their families made aware of possible vacation options to make informed decisions?

Want to know more?

ABLE National Resource Center. Top Three Questions: June 2029. (Can I Use Able Funds to Go on a Vacation or to Camp?). <https://www.ablencr.org/top-three-questions-june-2019/>

Badia, M., Orgaz, M.B., Verdugo, M.A., Ullan, A.M. & Martinez, M. (2013). Relationships between Leisure Participation and Quality of Life of People with Developmental Disabilities. *Journal of Applied Research in Intellectual Disabilities*. 26, 533—545.

Walsh, Margaret (n.d.) Vacationing with an Adult with Intellectual Disabilities. May Institute. <https://www.mayinstitute.org/news/acl/asd-and-dd-adult-focused/vacationing-with-an-adult-with-intellectual-disabilities/>

Wang, Karen. 32 Vacation Destinations for Individuals with Special Needs. Friendship Circle: Special Needs Resources. <https://www.friendshipcircle.org/blog/2012/06/06/32-vacation-destinations-for-individuals-with-disabilities-or-special-needs/>

*Data in this brief come from the In-Person Survey (IPS), which engages adults receiving services from their state developmental disabilities service systems.