

People with disability



In NSW, almost one in six people, approximately 17% of the population, have a disability.<sup>1</sup>

In 2018, the number of people in SESLHD with a disability was estimated at 116,290. This is an increase of 15.8% since 2015.<sup>1</sup>

In 2021, 4% of people needed assistance with core activities due to disability in SESLHD.<sup>2</sup>

In 2022-2023, the number of National Disability Insurance Scheme (NDIS) participants in SESLHD is estimated at 11,641.<sup>3</sup>

The primary disabilities for NDIS participants in SESLHD include autism (33%), intellectual disability (17%) and psychosocial disability (13%).

People with a disability experience poorer general health and higher levels of psychological distress than people without disability. They also have higher rates of some modifiable health risk factors, such as poor diet and tobacco smoking, than people without disability.<sup>4</sup>

Disability and health have a complex relationship. Long-term health conditions might lead to disability, and disability can contribute to health problems. The nature and level of a person's disability can also influence their health. For example, it may limit access to, and participation in, social and physical activities.

Twenty four percent (24%) of adults with a disability experience very good or excellent health, compared with 65% without disability. Forty two percent (42%) of adults with disability rate their health as fair or poor.<sup>4</sup>

Thirty two percent (32%) of adults with disability experience high/very high psychological distress, compared with 8.0% without disability.<sup>4</sup>

Seventy two percent (72%) of adults with a disability have hypertension, compared with 27% of those without a disability.<sup>4</sup>

1. Australian Bureau of Statistics 2019, 'Disability, Ageing and Carers, Australia: Summary of Findings.'
2. Australian Bureau of Statistics 2021, 'Population: Census.'
3. National Disability Insurance Scheme 2023, 'Explore Data.'
4. Australian Institute of Health and Welfare 2022, 'People with a disability in Australia.'