



**Raising Kids Research**  
**January 2022**



**Family Fund**  
Helping disabled children



# Family Fund

Helping disabled children

**Our purpose** is to improve the lives of low-income families raising disabled or seriously ill children and young people.

**Our mission** is to provide items and services to all low-income families in the UK raising disabled or seriously ill children, that they could not otherwise afford or access, and that help improve their quality of life, realise their rights, and remove some of the barriers they face.

**Our vision** is that all families raising disabled or seriously ill children have the same choices, quality of life, opportunities and aspirations as other families.





## Methodology

This research was conducted in partnership with McCain. The purpose of the research was to understand some of the differences in the challenges faced by families raising disabled and families raising non-disabled children.

The sample size for the research is a total of 2,000 families. This includes 1,000 families raising disabled children aged 4 to 11 years-old, and 1,000 families raising non-disabled children aged 4 to 11 years-old.

The research was conducted using an online survey during January 2022. The families raising disabled children were surveyed by Family Fund, and the families raising non-disabled children were surveyed by OnePoll.





# Index

---

- [1. Holidays](#)
- [2. Toys](#)
- [3. Spend](#)
- [4. Mealtimes](#)
- [5. Time](#)
- [6. Support](#)
- [7. Perceptions](#)
- [8. Siblings](#)



# Family holidays and days out

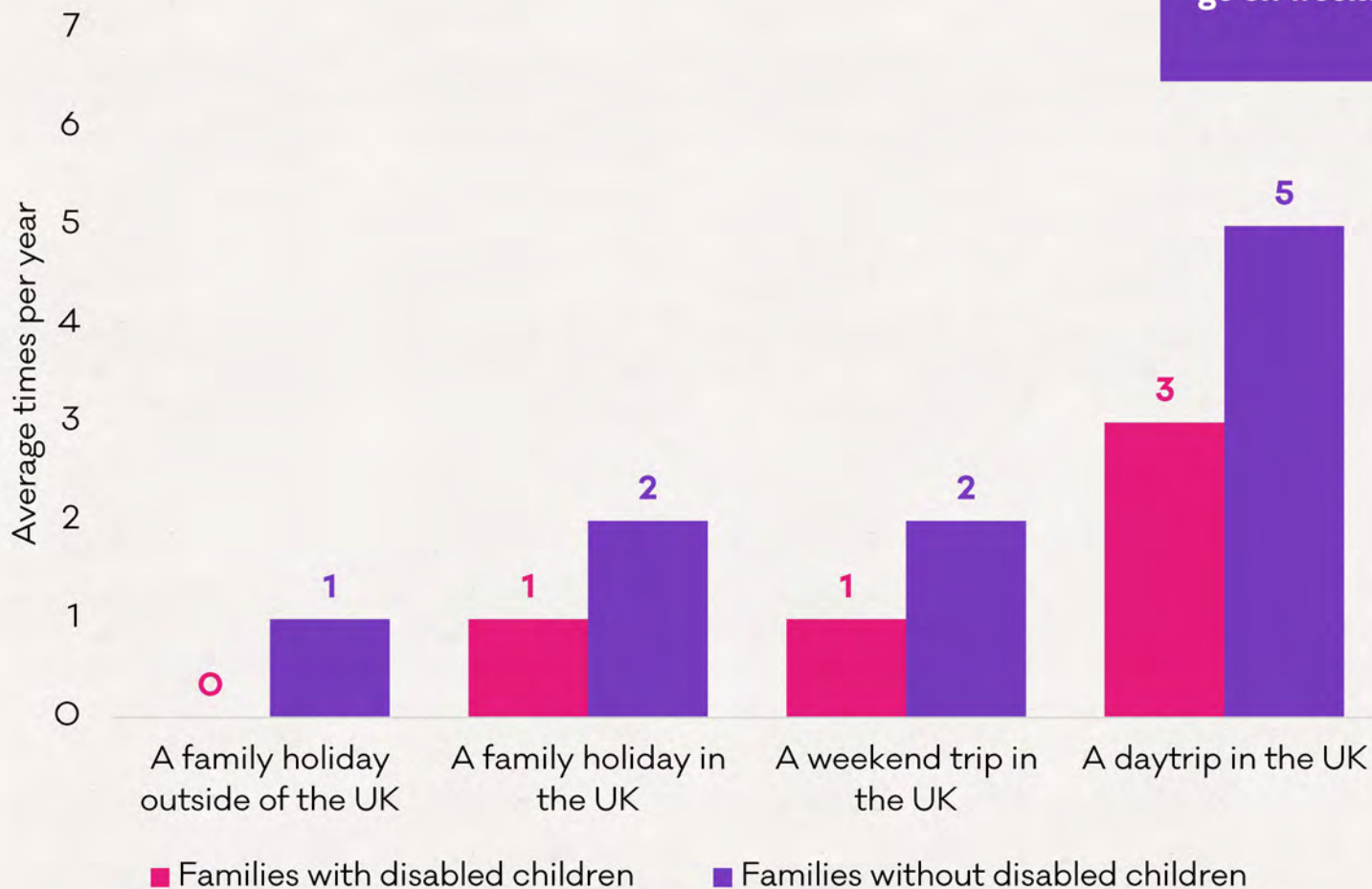
---



# Holidays and days out

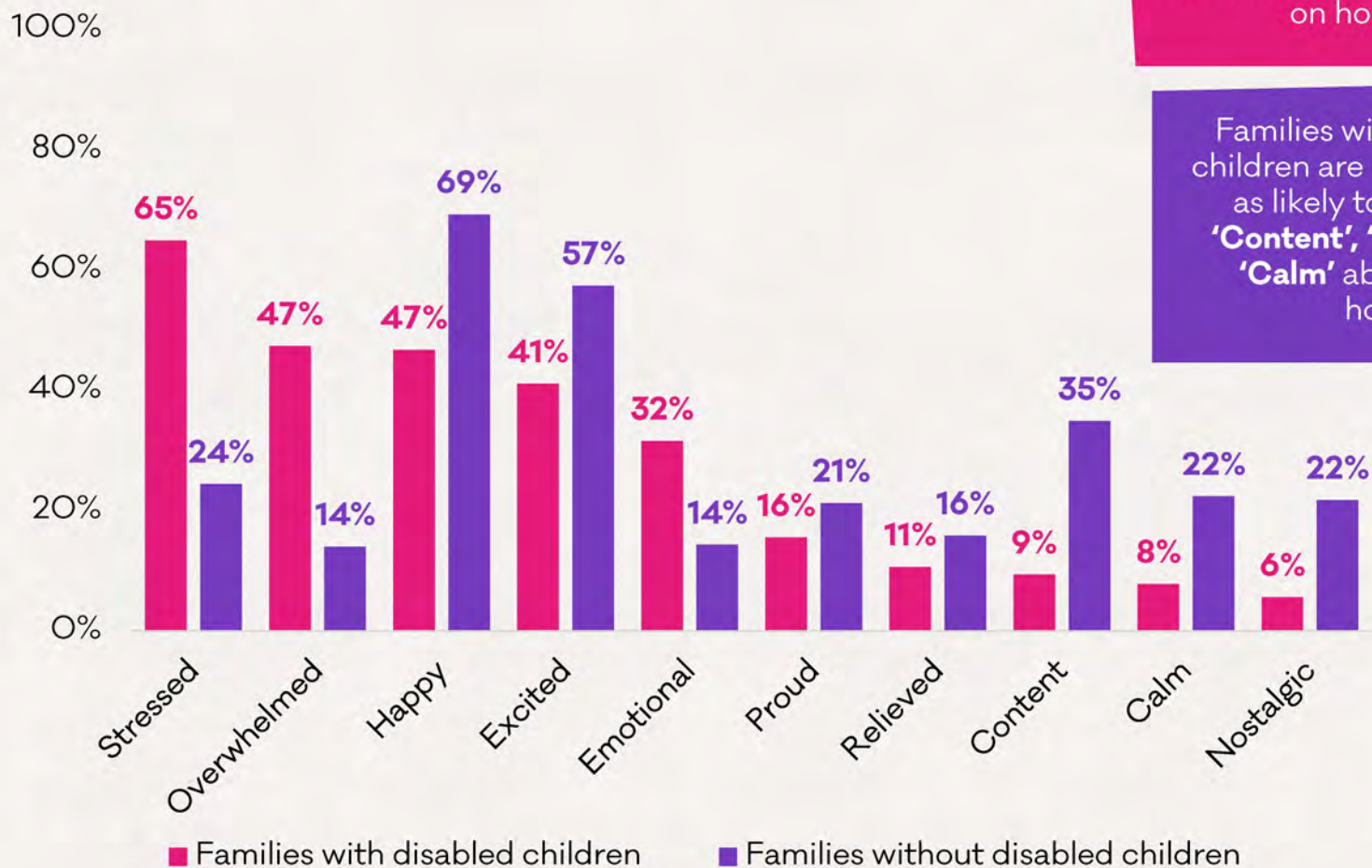
During a typical year, how many of the following do you go on? (n=2,000)

On average, families without disabled children are **more likely to take holidays, and go on weekend and day trips.**



# Holidays and days out

How does going on holidays and trips with family make you feel? (n=1,940)



Families with disabled children are more than twice as likely to say they felt **'Overwhelmed', 'Stressed' and 'Emotional'** about going on holiday.

Families without disabled children are more than twice as likely to say they felt **'Content', 'Nostalgic' and 'Calm'** about going on holiday.



# Buying toys for children

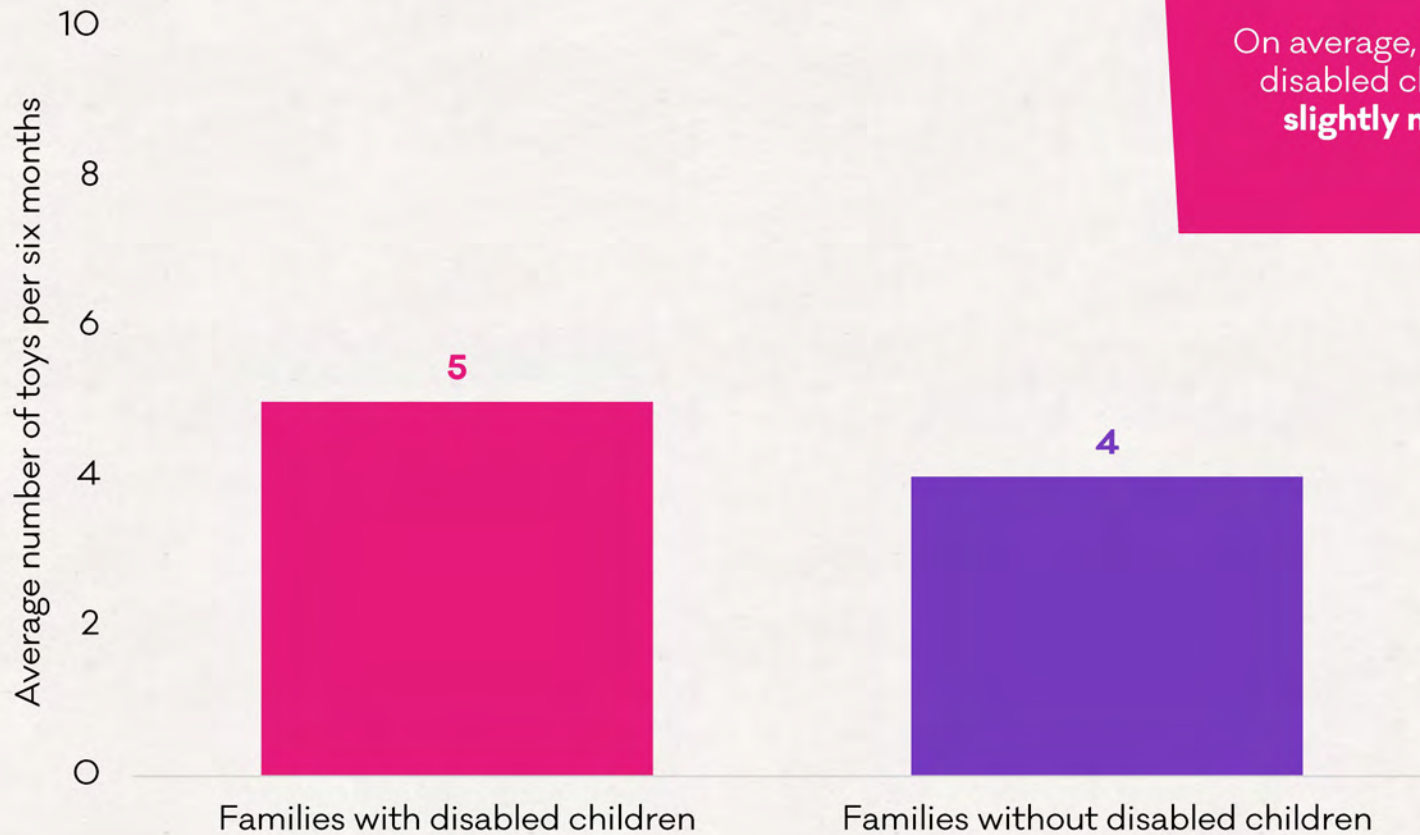
---





# Toys

How many toys do you buy your children in an average six-month period? (n=2,000)



On average, families with disabled children **buy slightly more toys.**



# Toys

How much do you spend on toys for your children, in an average month? (n=2,000)



On average, families with disabled children **spend slightly more on toys.**



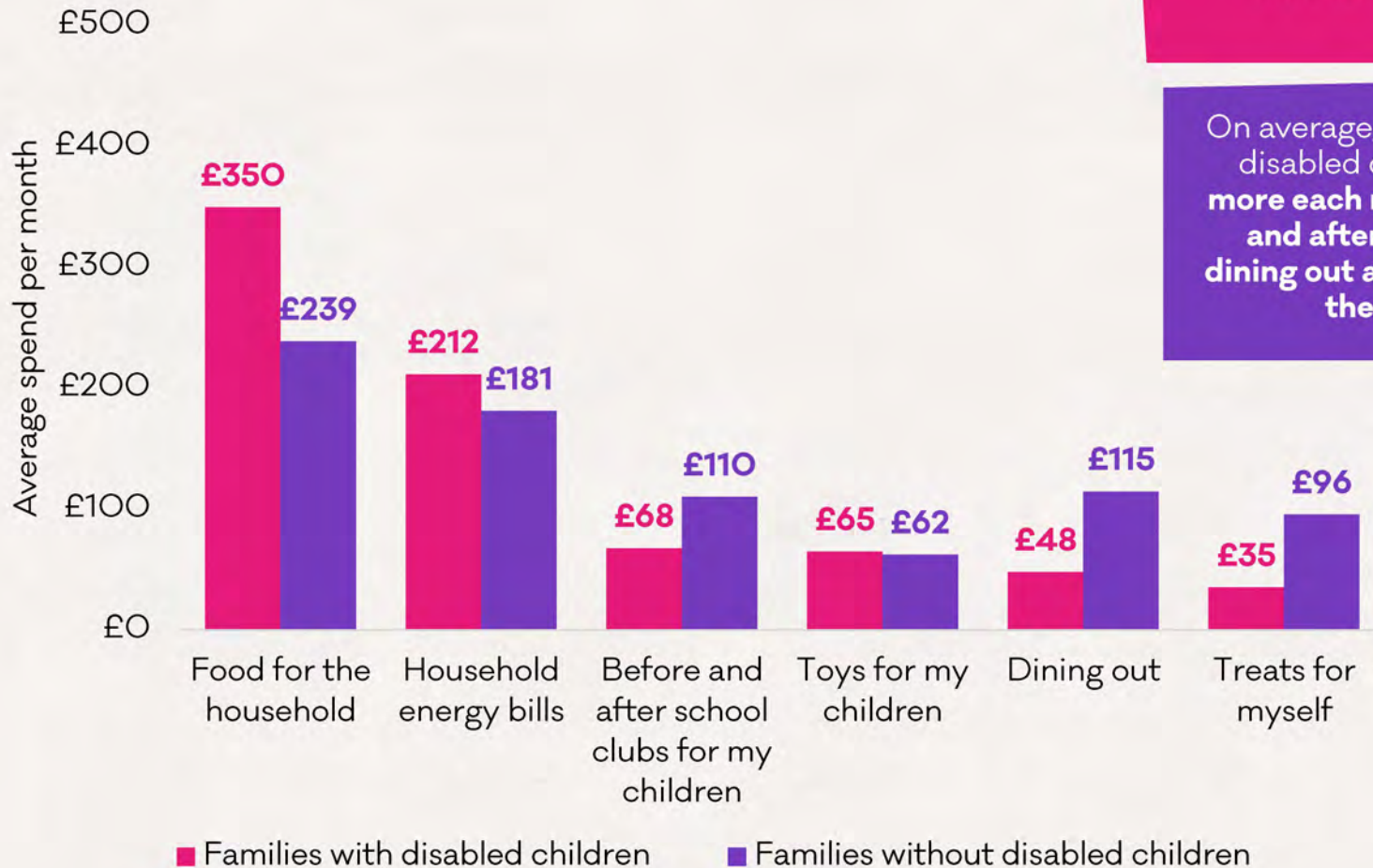
# Spending of families

---



# Spending

How much do you spend on the following, in an average month? (n=2,000)



On average, families with disabled children **spend more each month on food and energy bills.**

On average, families without disabled children **spend more each month on before and after school clubs, dining out and treats for the themselves.**



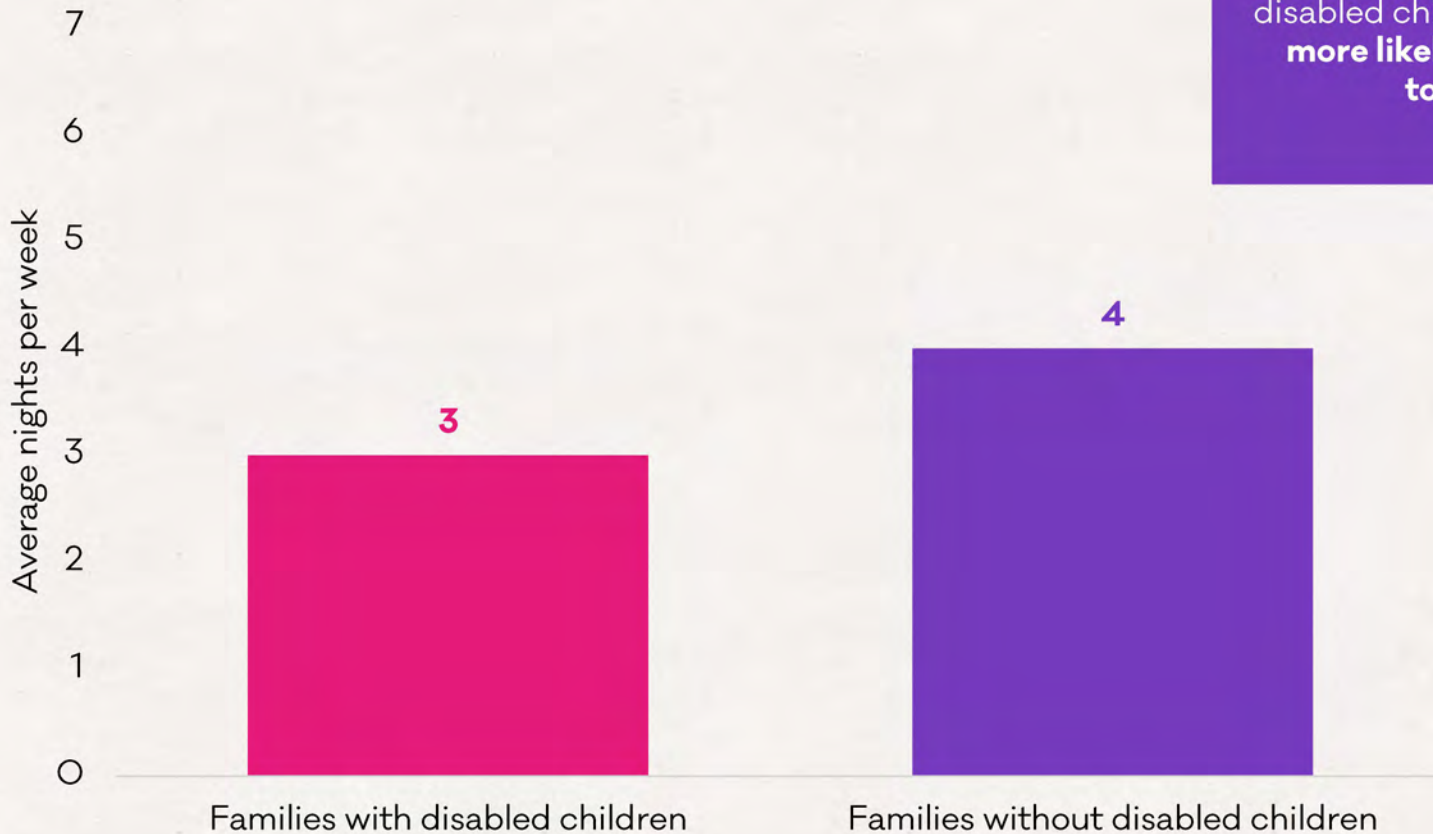
# Eating together as families

---



# Eating together

During a typical week, on how many nights does your family all eat dinner together at the same time? (n=2,000)



On average, families without disabled children are **slightly more likely to eat dinner together.**



# Eating together

If you want to have a family meal around the dinner table, how long does it take to get everyone to sit down, ready to eat? (n=2,000)

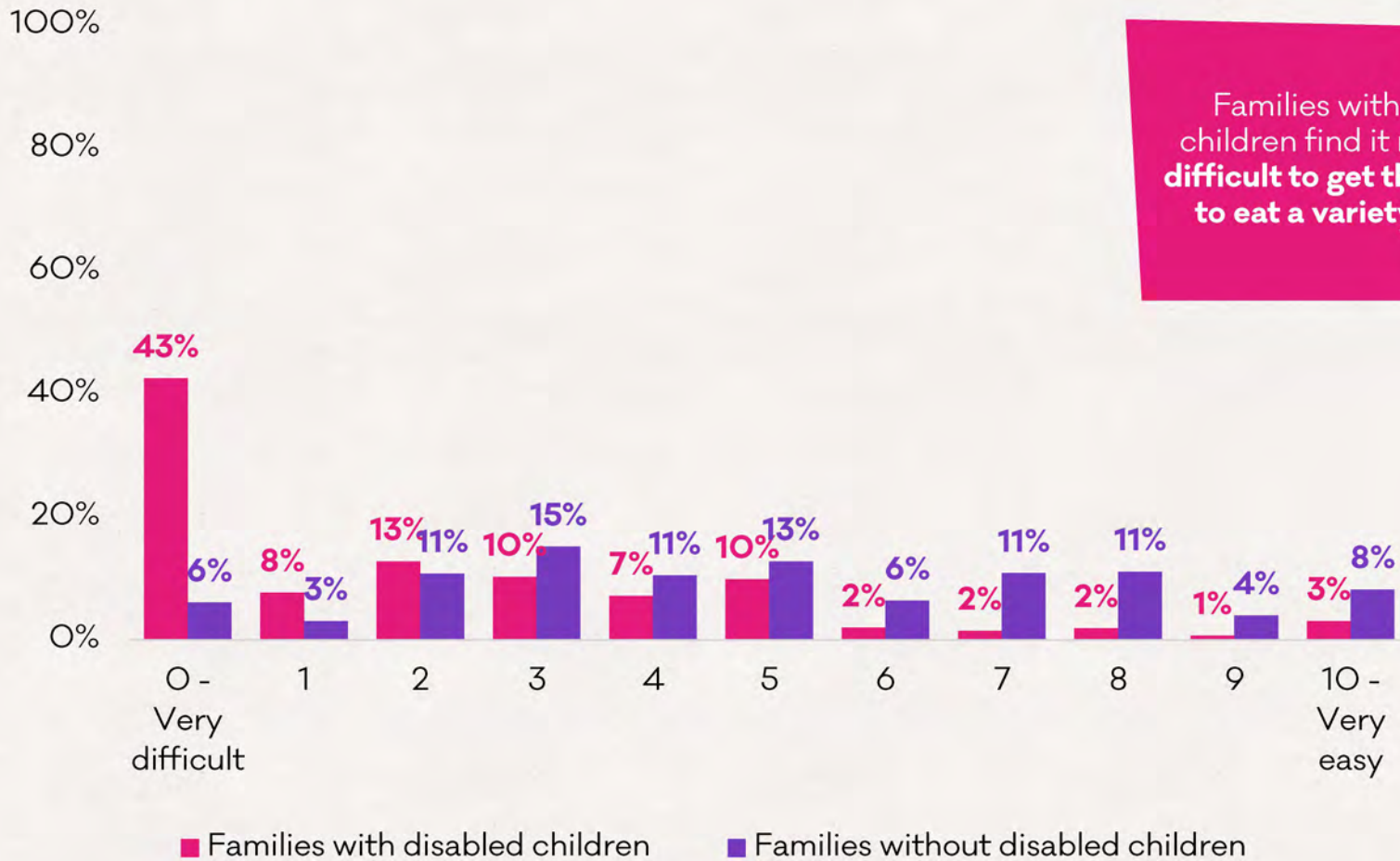


On average, families with disabled children **spend almost twice as long getting everyone to sit down and ready to eat.**



# Eating together

On a scale of 0 to 10, how easy or difficult, is it to get your children to eat a variety of foods? (n=2,000)



Families with disabled children find it **much more difficult** to get their children to eat a variety of foods.





# Eating together

How often do you do the following in a typical month?  
(n=2,000)



On average, families without disabled children are **more likely to go out to eat, as well as to have others around to eat.**



# Eating together

How much do you spend on the following, in an average month? (n=2,000)



On average, families with disabled children **spend more each month on food for the household.**

On average, families without disabled children **spend more each month on dining out.**



# Time taken by families

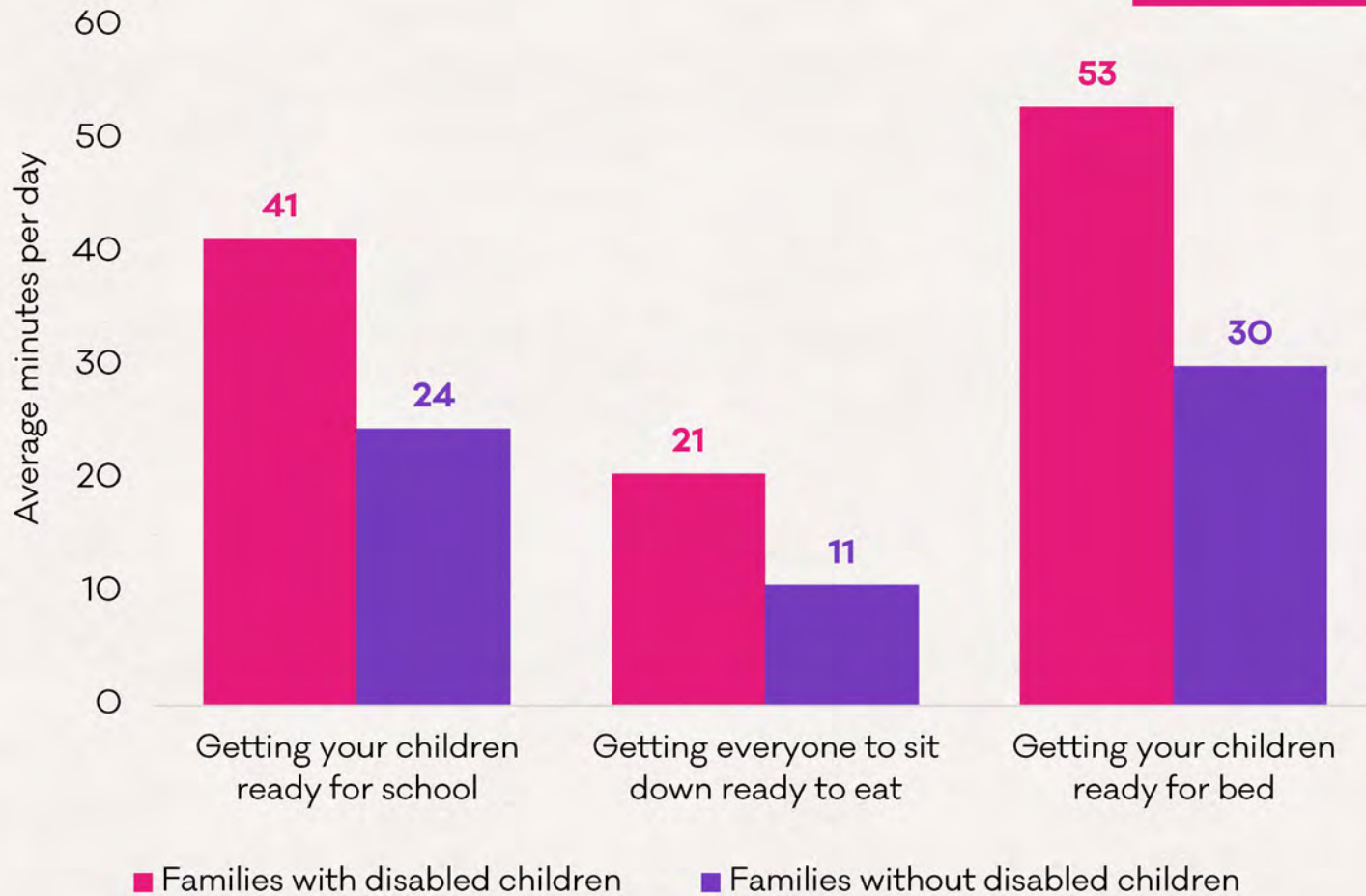
---



# Time

On average, how long do the following activities take?  
(n=2,000)

On average, families with disabled children **spend more time getting ready for school, sitting down for an evening meal, and getting ready for bed.**

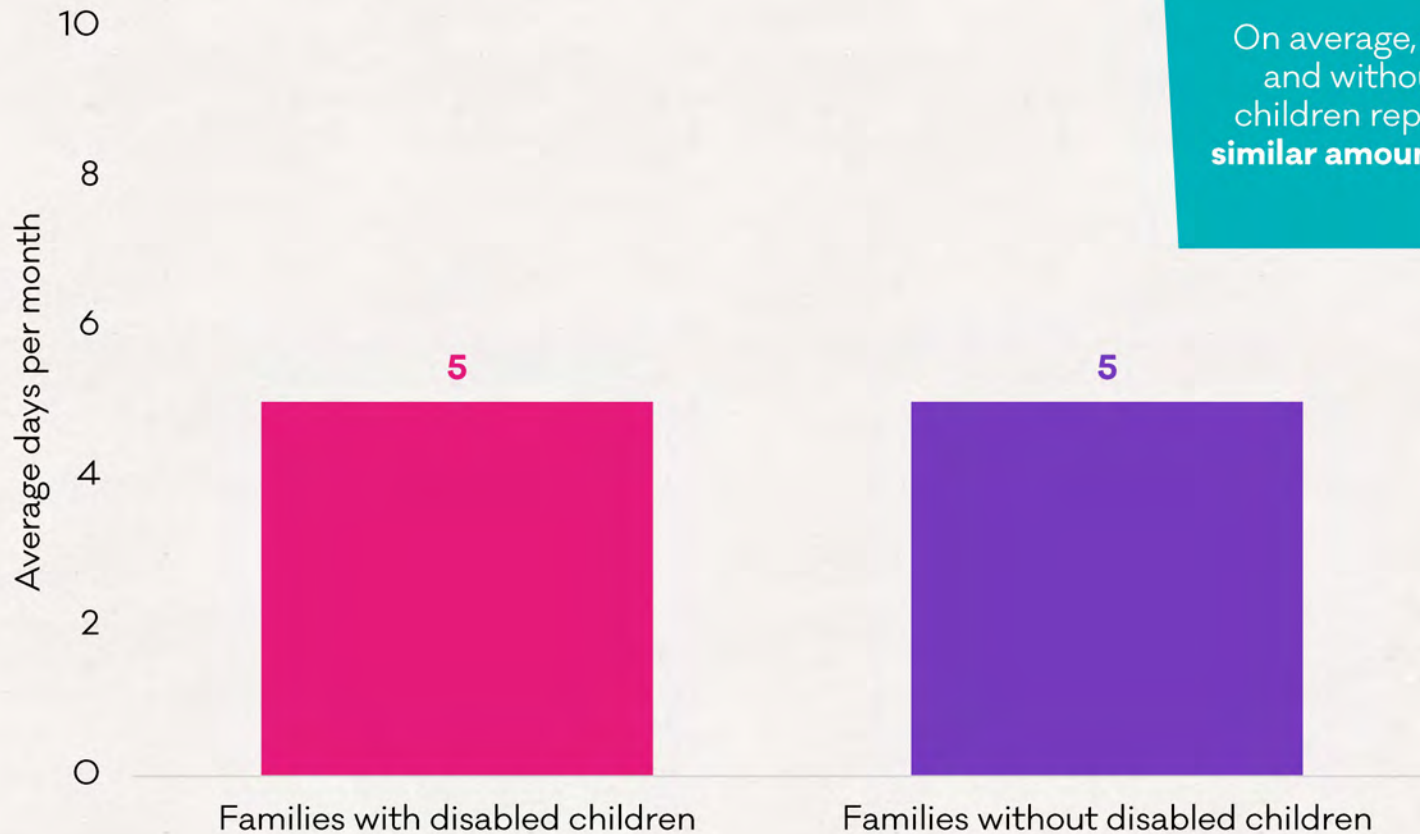


# Support for families



# Support

During a typical month, on how many days do you rely on outside support for help getting your family's needs met? (n=2,000)

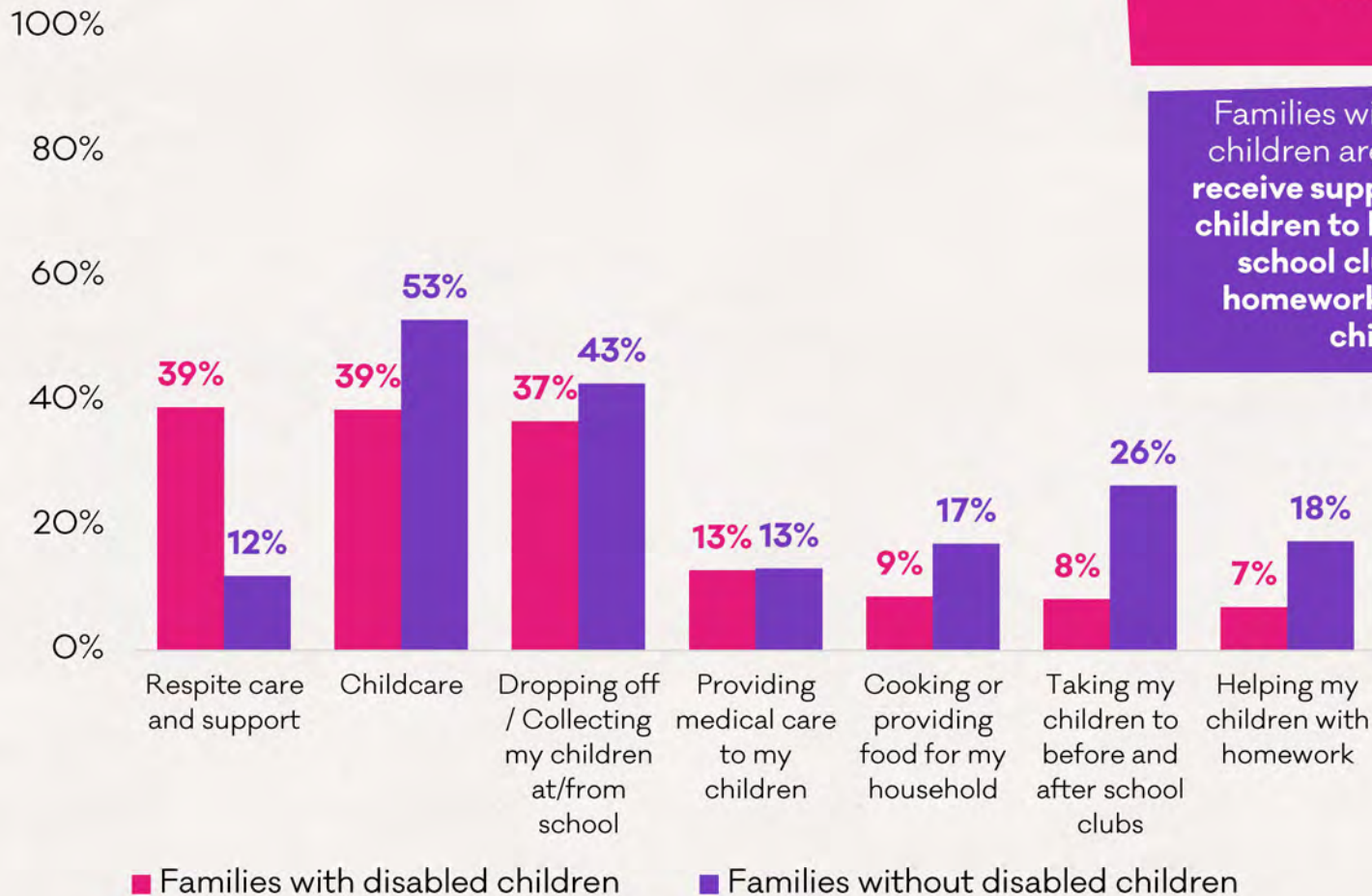


On average, families with and without disabled children report receiving **similar amounts of support.**



# Support

**What do you typically rely on outside support for?**  
(n=1,488)



Families with disabled children are **more likely to receive respite care and support.**

Families without disabled children are **more likely to receive support taking their children to before and after school clubs, and with homework, cooking and childcare.**



# Perceptions of families

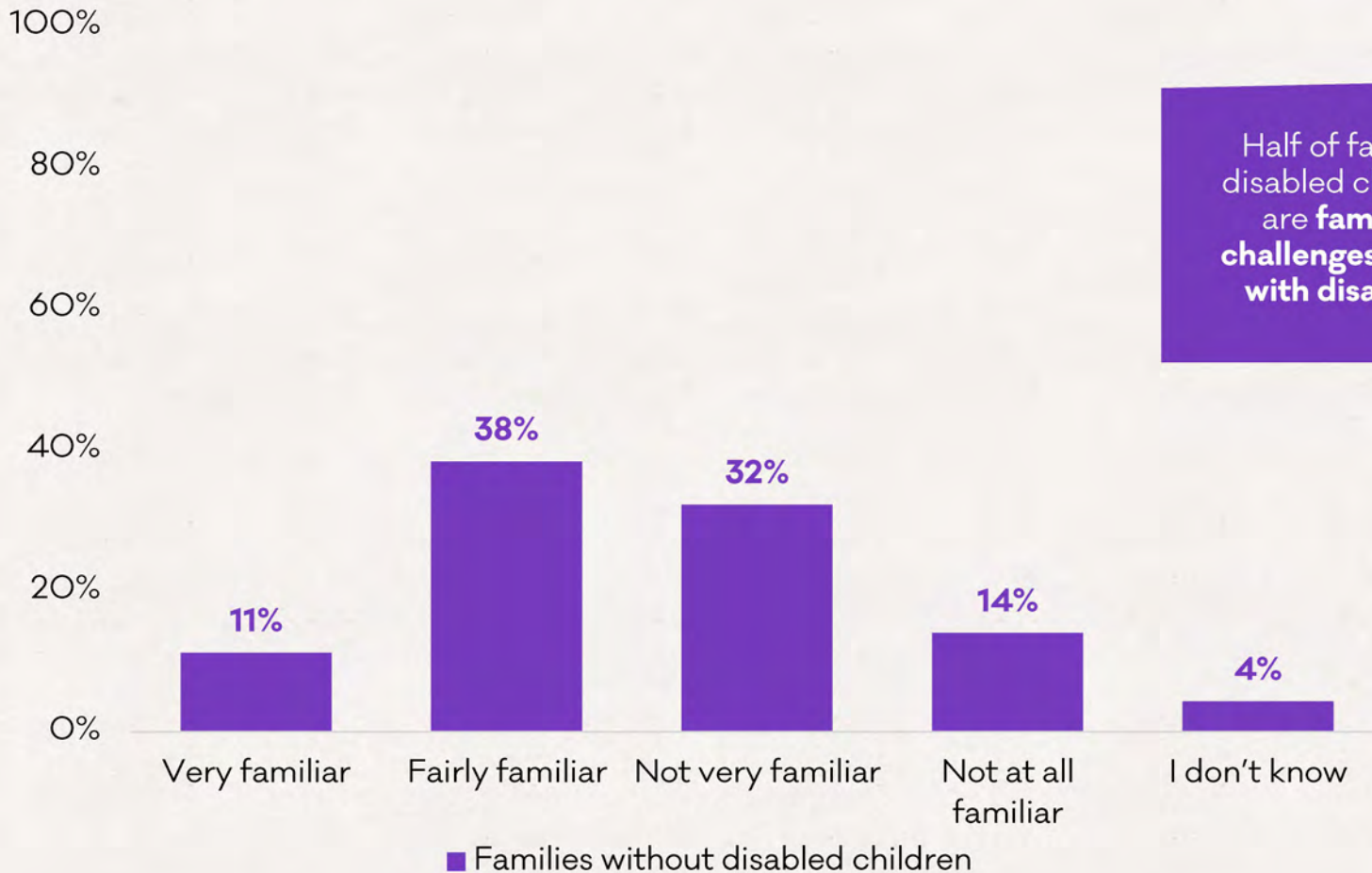
---





# Perceptions

How familiar are you with the challenges that families raising disabled or seriously ill children face? (n=1,000)

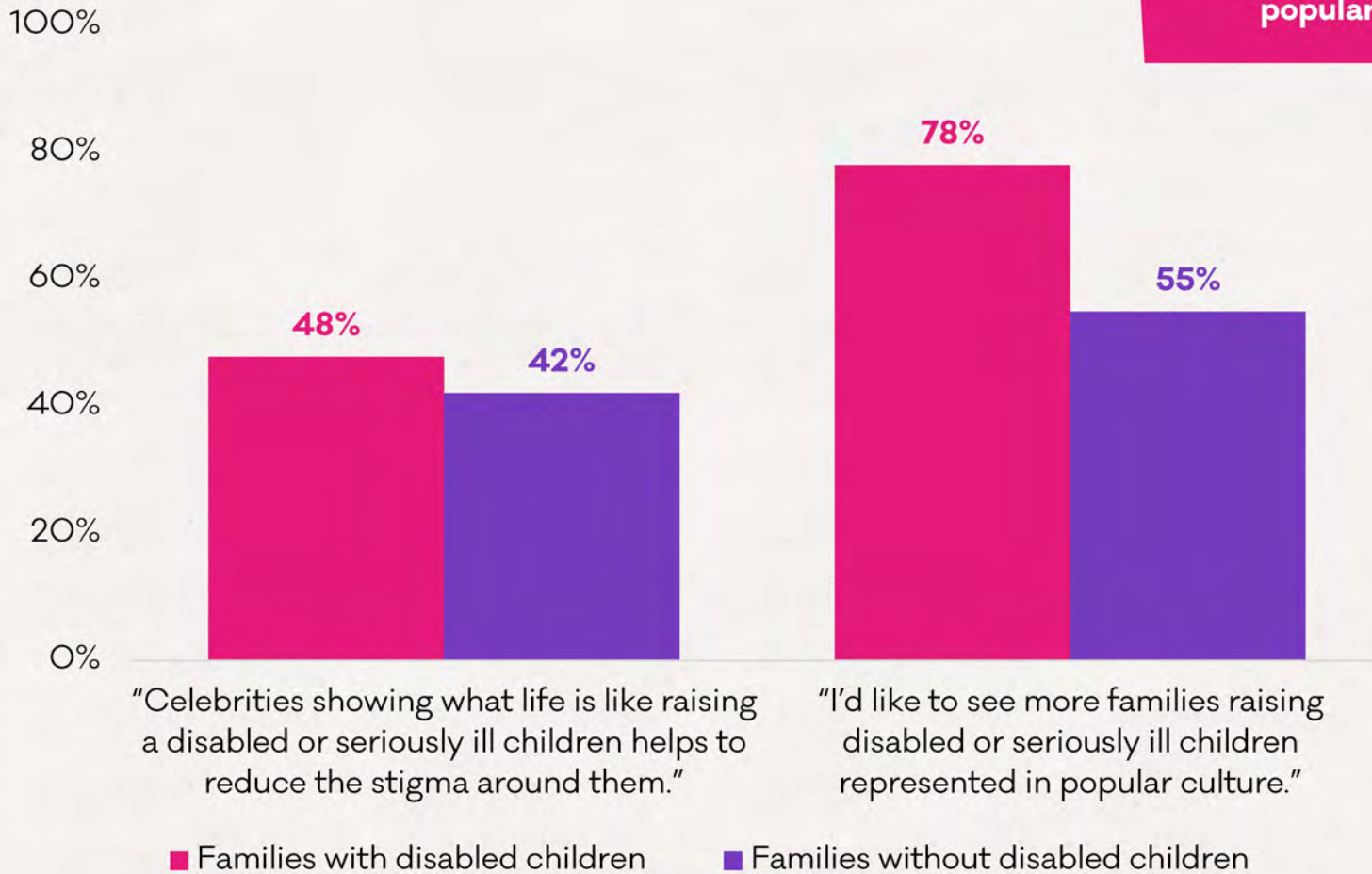


Half of families without disabled children say they are **familiar with the challenges facing families with disabled children.**



# Perceptions

Which of the following statements do you agree with?  
(n=2,000)



Families with disabled children are **more likely to say they'd like to see more families with disabled children represented in popular culture.**



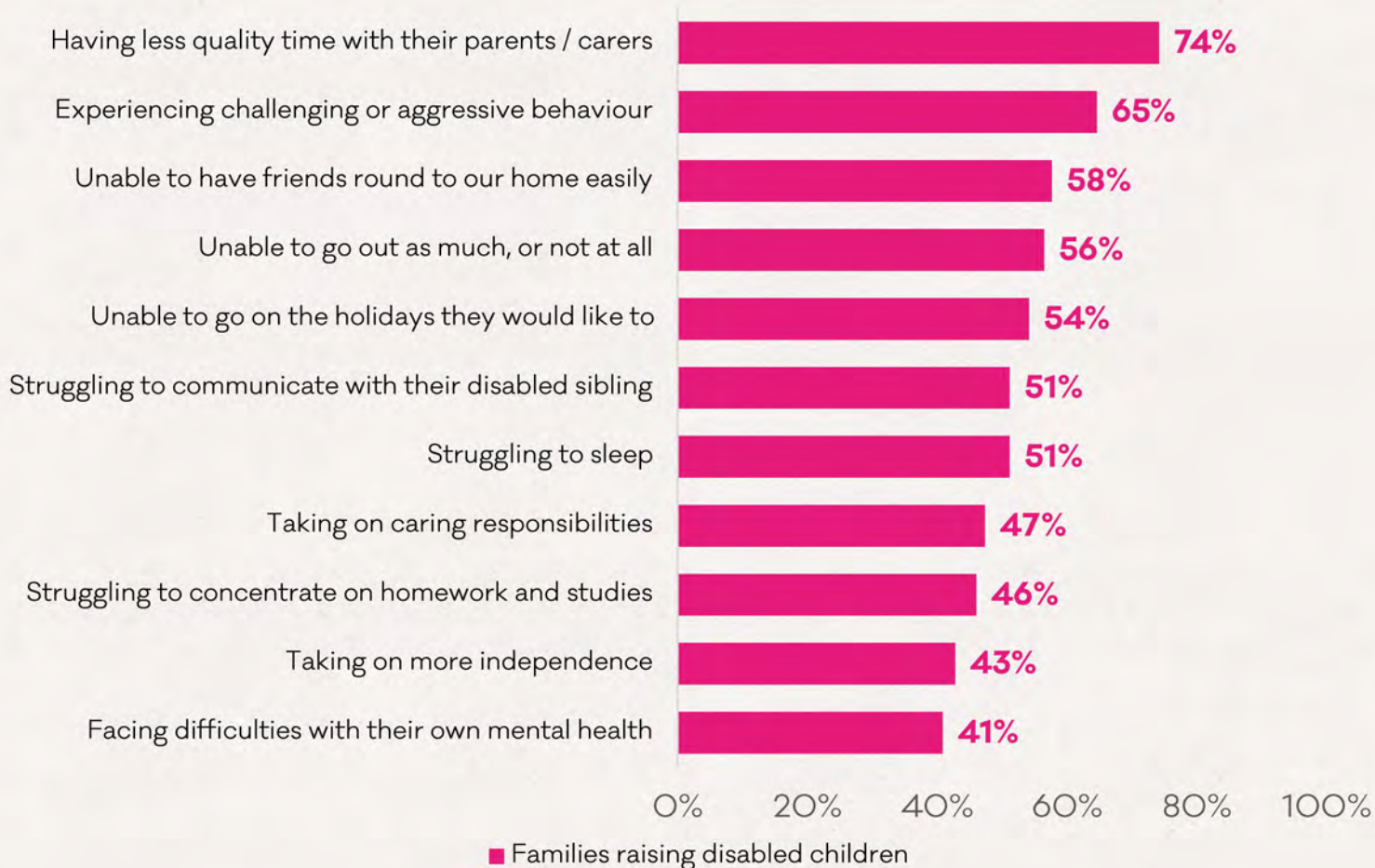
# Siblings of disabled children

---



# Siblings

**What challenges do you think your non-disabled children face due to having a disabled sibling? (n=678)**





## Contact us

---

If you are interested in finding out more about this research or sharing the findings, please get in touch with:

Richard Hughes

Research and Impact Manager

[richard.hughes@familyfund.org.uk](mailto:richard.hughes@familyfund.org.uk)





# Family Fund

**Helping disabled children**

Family Fund Trust. Private company limited by guarantee. Incorporated in England and Wales. Registration no. 3166627. Registered charity no. 1053866. Scottish charity no. SCO40810. Family Fund Trust is authorised and regulated by the Financial Conduct Authority (FCA) under reference number 912508. Registered office: Unit 4, Alpha Court, Monks Cross Drive, Huntington, York, YO32 9WN.