



Results from the Inclusion Barometer 2025 on Livelihood and Financial Difficulties

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Purpose and implementation of the Inclusion Barometer

- The purpose of the Inclusion Barometer was to gather information on participation and inclusion among people with disabilities and to use the collected information to promote their participation
- The survey was planned by a working group consisting of employees of the Finnish Association of People with Physical Disabilities, representatives of member associations and partner organizations
- The Barometer was conducted as an electronic survey in October-November 2025 and was available in Finnish, Swedish and English
- A total of 1624 people responded
 - The first Barometer in 2023 received 1136 responses

For whom?

- The Inclusion Barometer was aimed at people aged 15 years or older who have mobility impairments or functional limitations
- Mobility refers to changing and maintaining body position, carrying, moving and handling objects, walking, using stairs and travelling by means of transport (International Classification of Functioning, Disability and Health, WHO)
- A person with functional limitations was defined as a person who has severe difficulty or is unable to perform at least one of the following basic activities:
 - seeing (even when wearing glasses)
 - hearing (even when using a hearing aid)
 - walking or climbing stairs
 - remembering or concentrating
 - self-care, such as washing or dressing
 - communicating in their own language so that they understand others and are understood by others

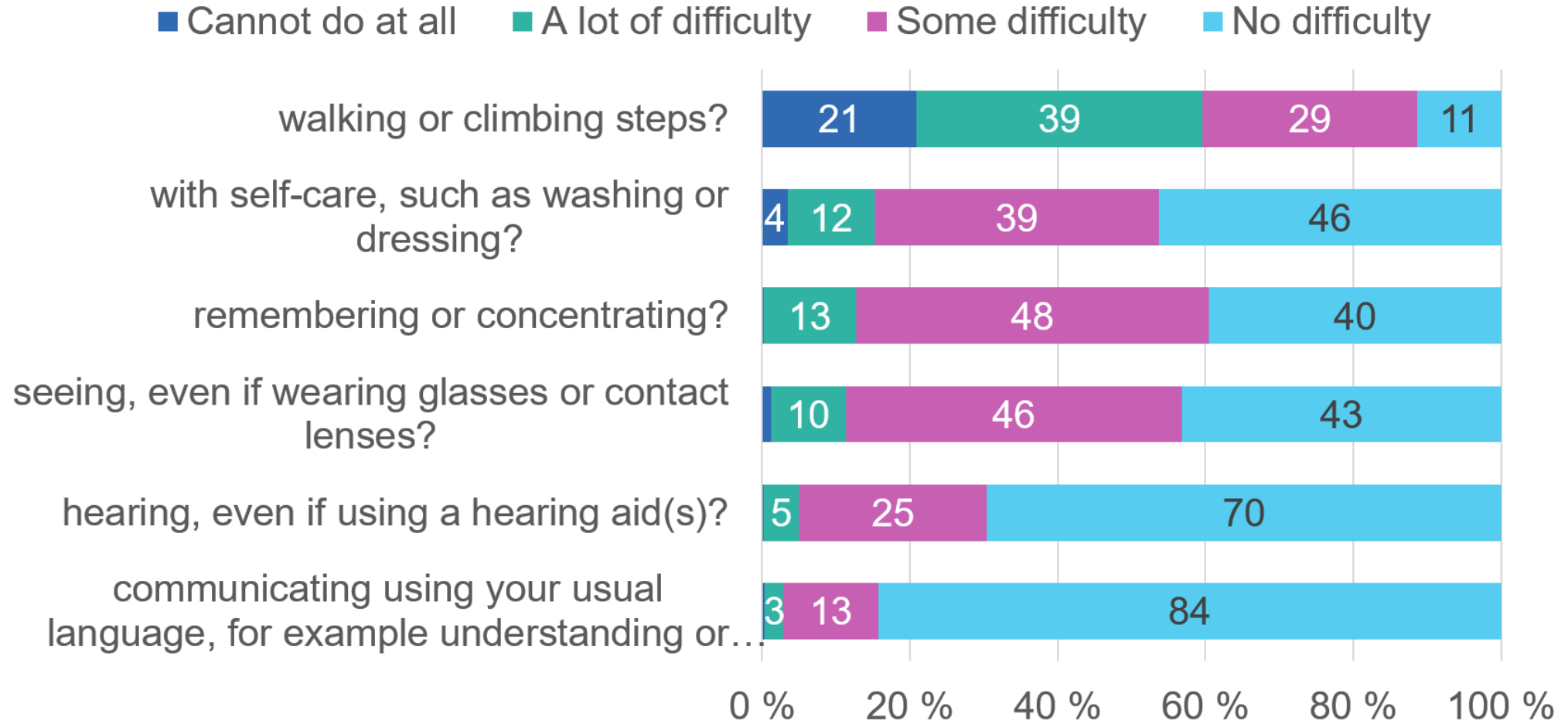
(WG-SS)

Inclusion Barometer 2025

1. Background information
- 2. Living conditions**
- 3. Livelihood**
4. Health and functioning
5. Participation and inclusion
6. Cultural and sports services
- 7. Health services**
8. Mobility assistance device services within medical rehabilitation
9. Assistive devices for physical activity and exercise
- 10. Social services**
11. Spending time in nature and outdoor activities
12. Mobility support services
13. In your own words: How have services supported your participation during the past year?

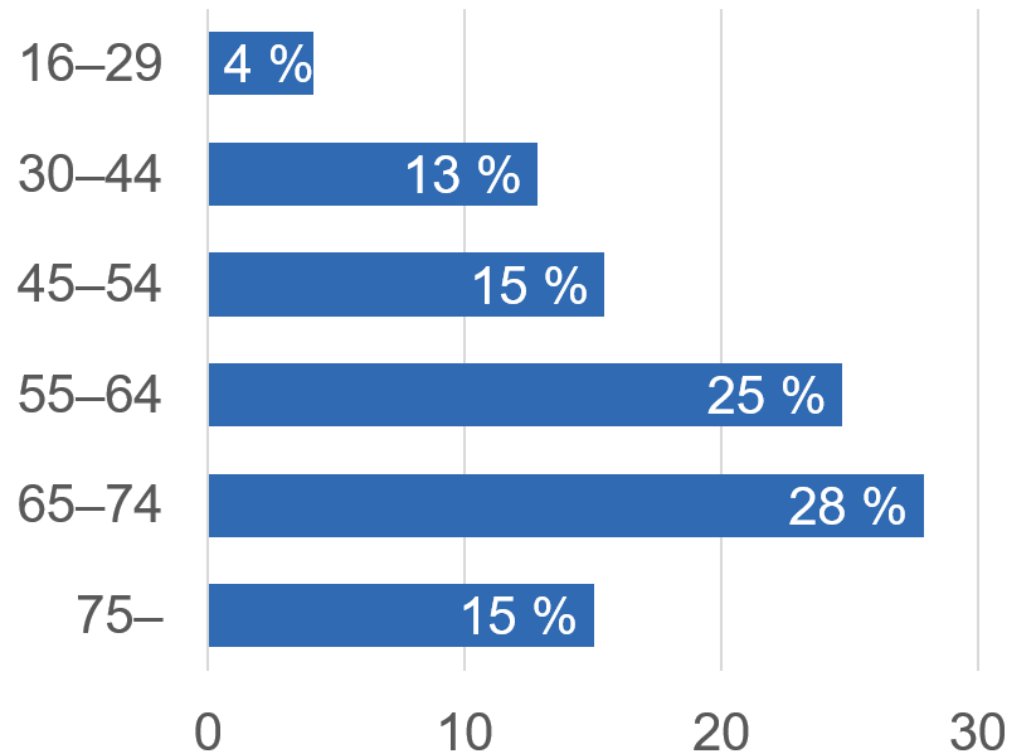
Do you have difficulties...?

(% of respondents), n=1623

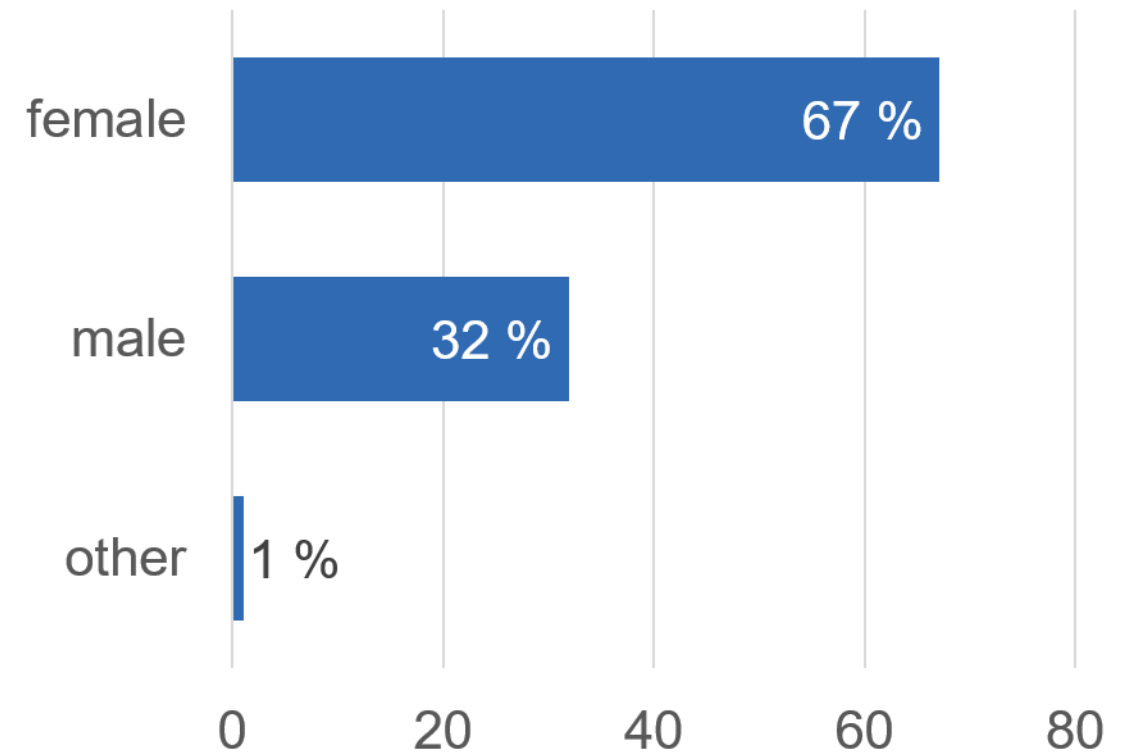


Background information

Age group (%), n=1611

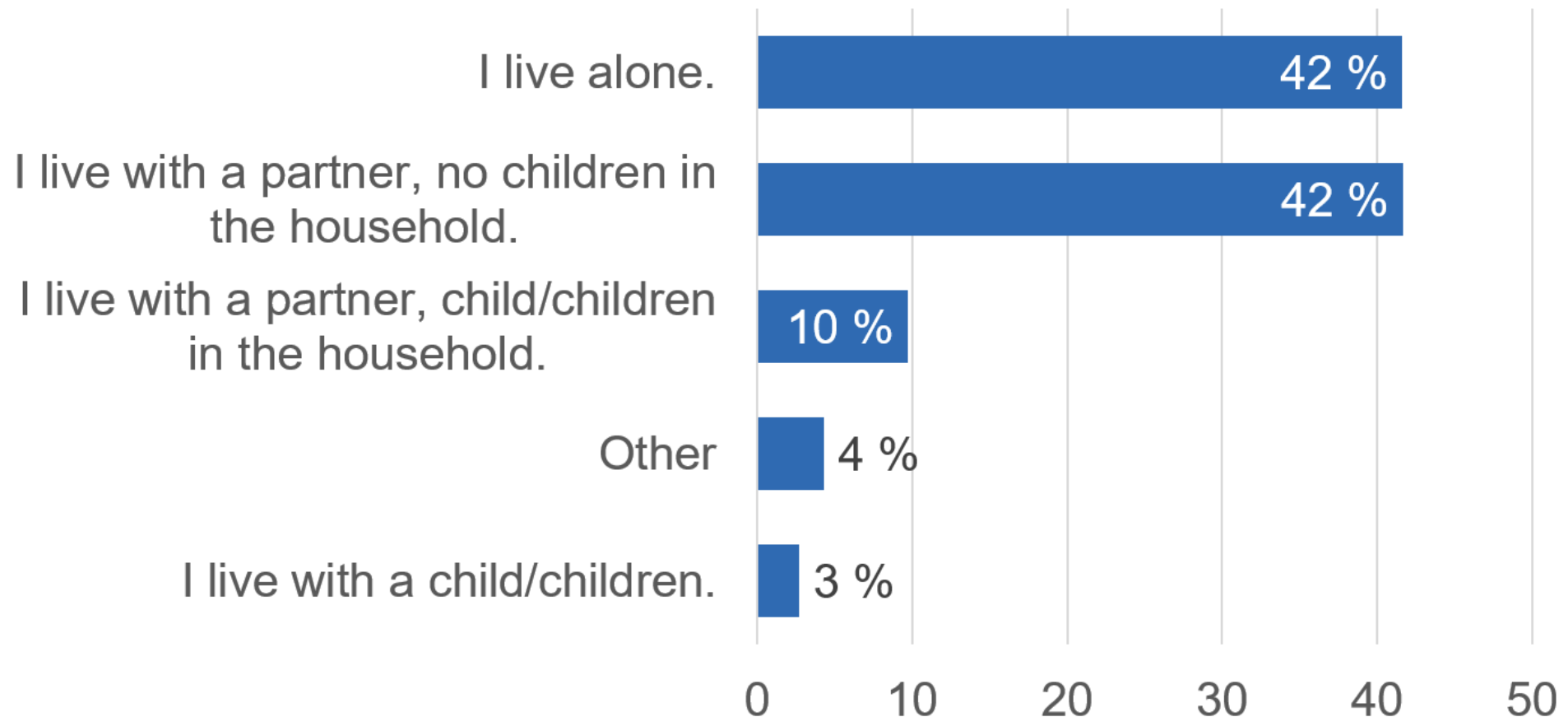


Gender (n=1615)



Household Composition

Who belongs to your household? (%), n=1623

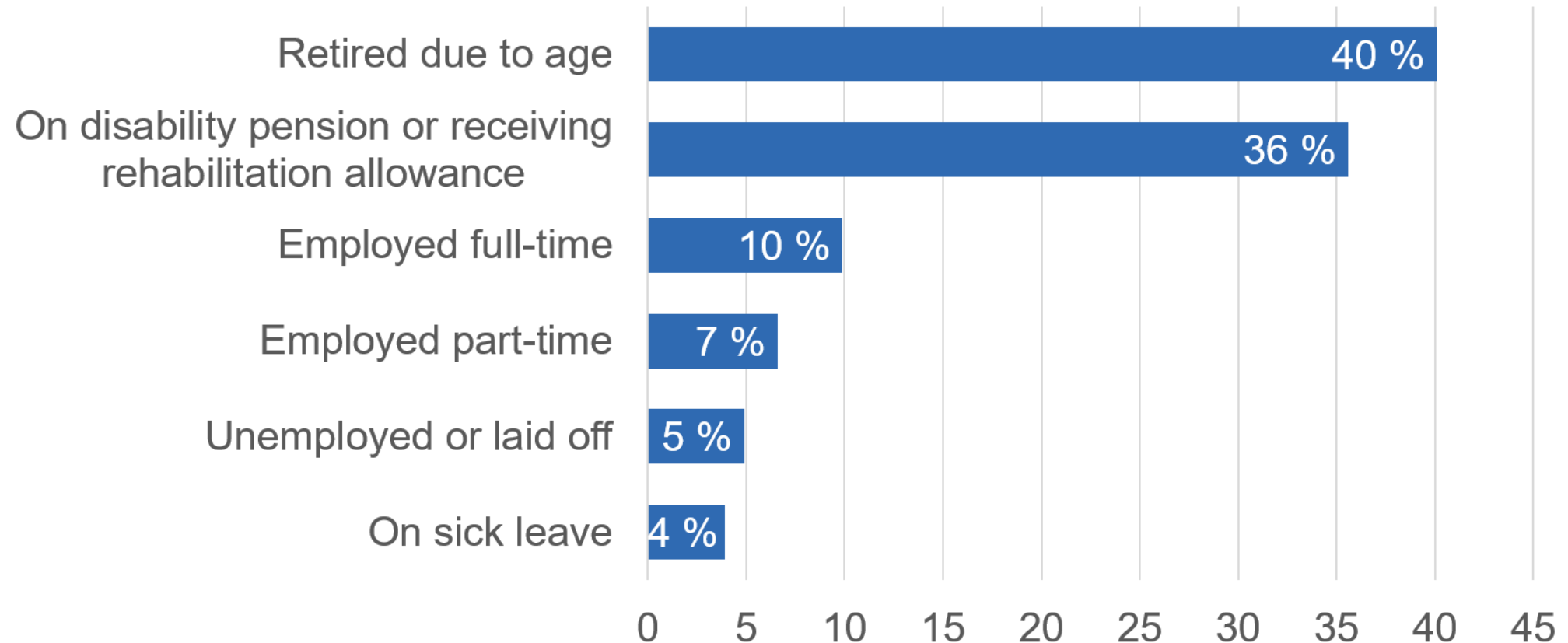


Housing Type and Residential Area

- Most respondents lived in apartment buildings (44%), detached houses (34%) or row/semi-detached houses (18%)
- A small proportion lived in supported housing or group homes (3%)
- Respondents mainly lived in cities:
 - 41% in suburban or residential areas outside the city center
 - 20% in the city center
 - 12% in a city but in a rural area
- Altogether, 24% lived in countryside or small population centers

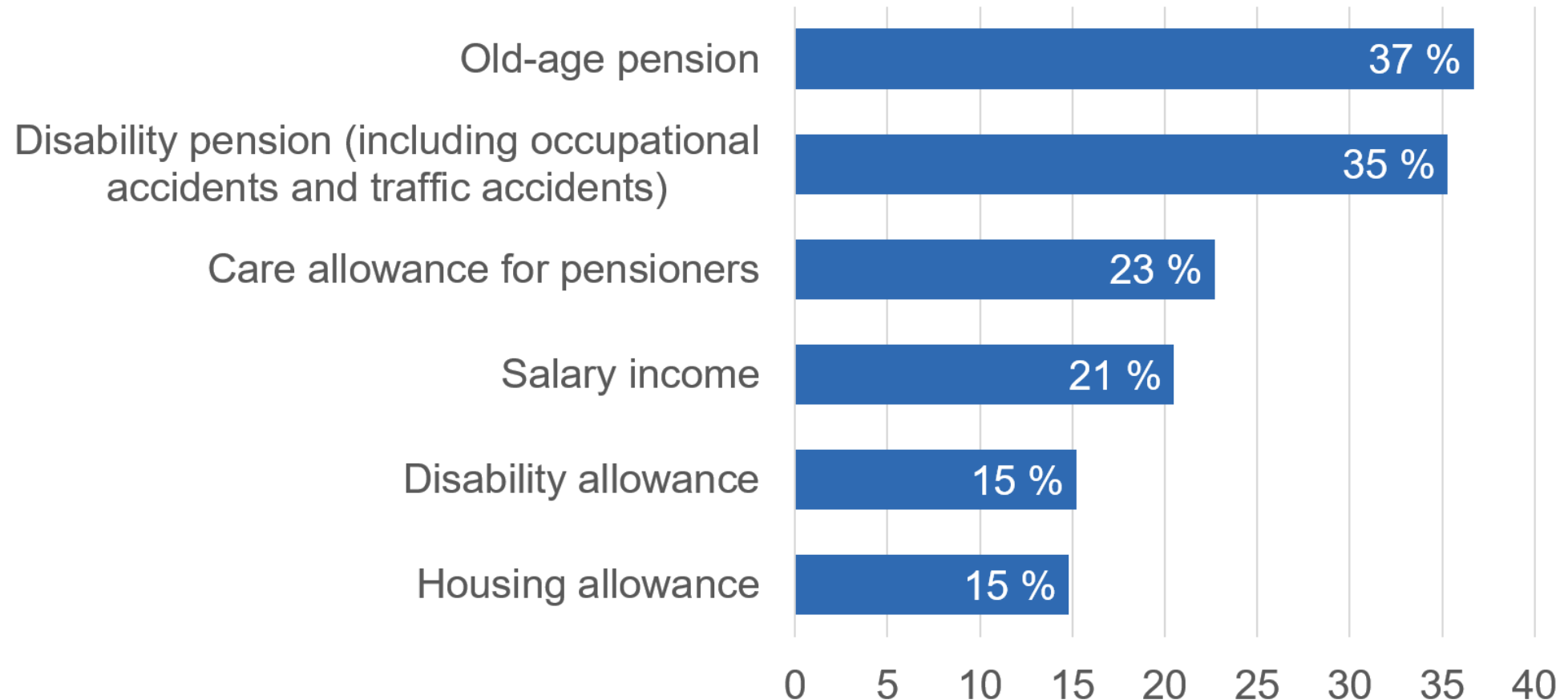
Most Respondents Were Retired Due to Age or Disability (n=1622)

At the moment, are you principally... (%), n=1622

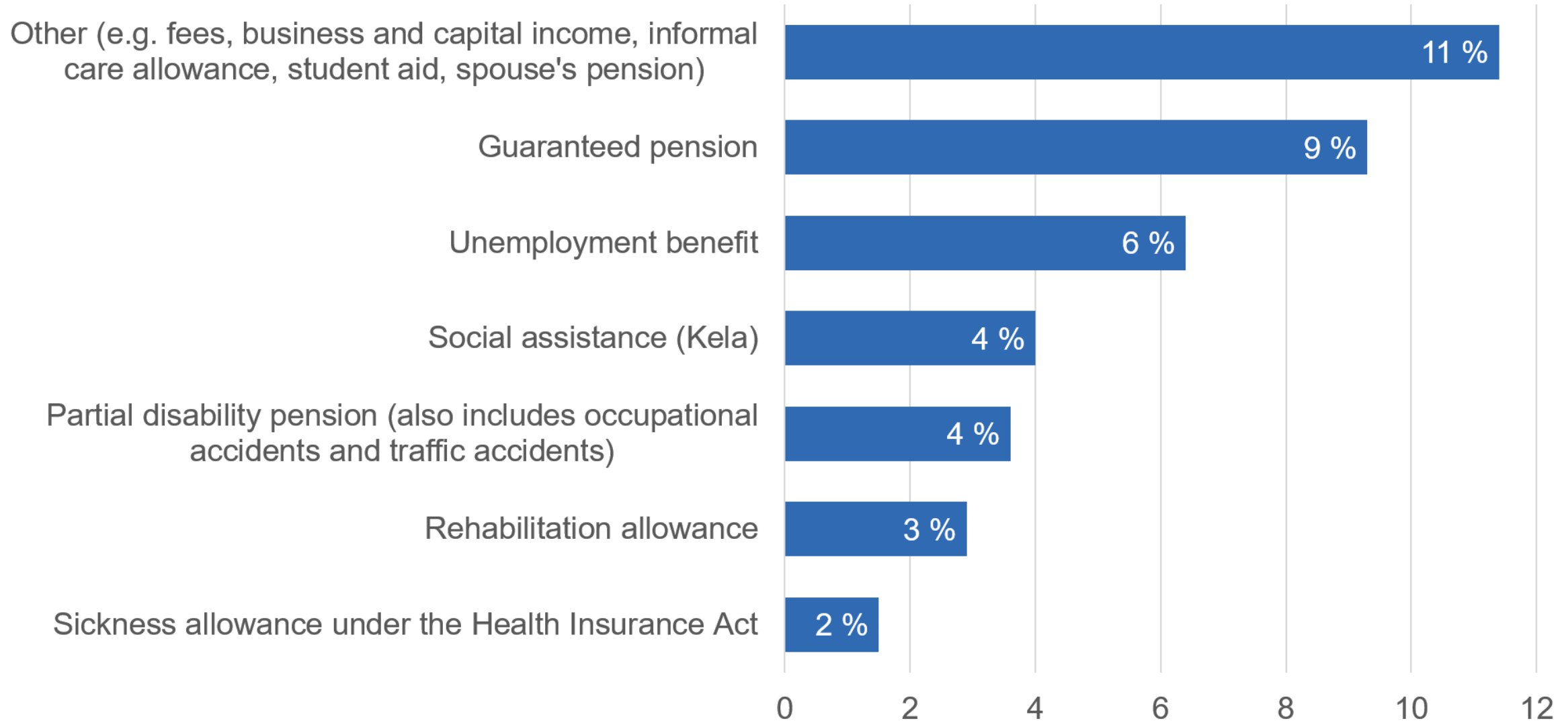


Respondents' Livelihood Was Most Commonly Based on Pensions

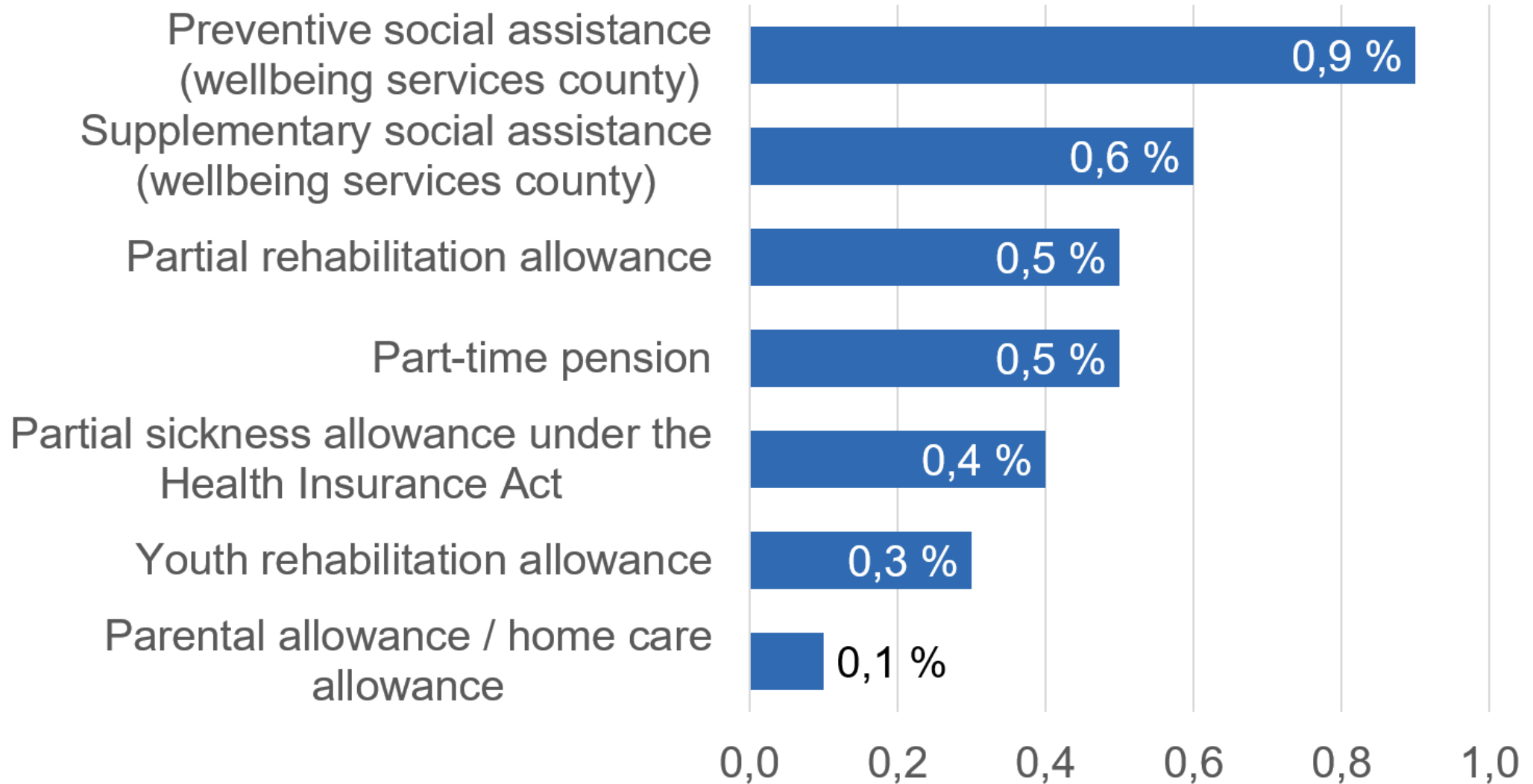
What is your source of income? (%), n=1617



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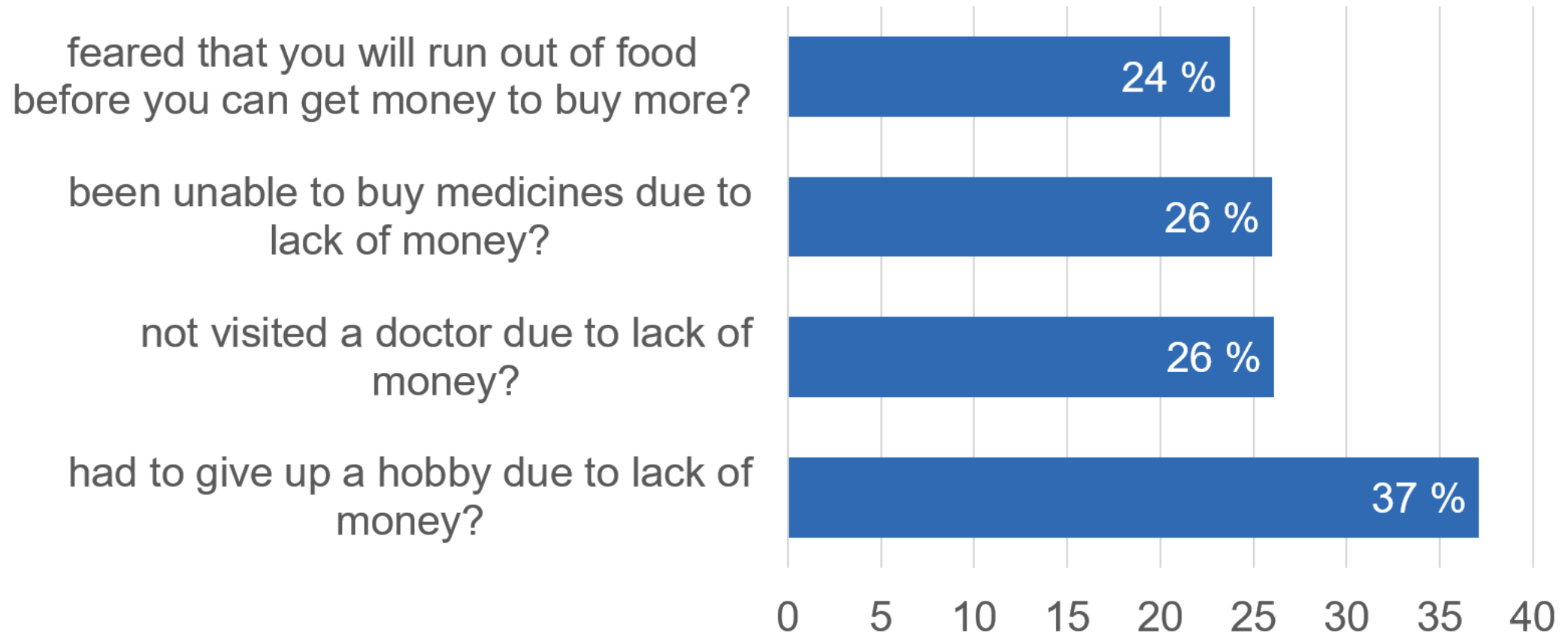


More Livelihood Challenges Compared with the General Population

- The Barometer included questions from the Finnish Institute for Health and Welfare's (THL) Healthy Finland survey concerning compromising on food, medicines or doctor's visits due to lack of money
- Among Inclusion Barometer respondents, **38%** (n=615) had been forced to compromise on at least one of these during the past year
- In the general population, the corresponding percentage was 23% in 2024 (Healthy Finland 2024)

Financial Problems

Have you within the past 12 months ever... (%),
n=1602-1608



Financial Problems

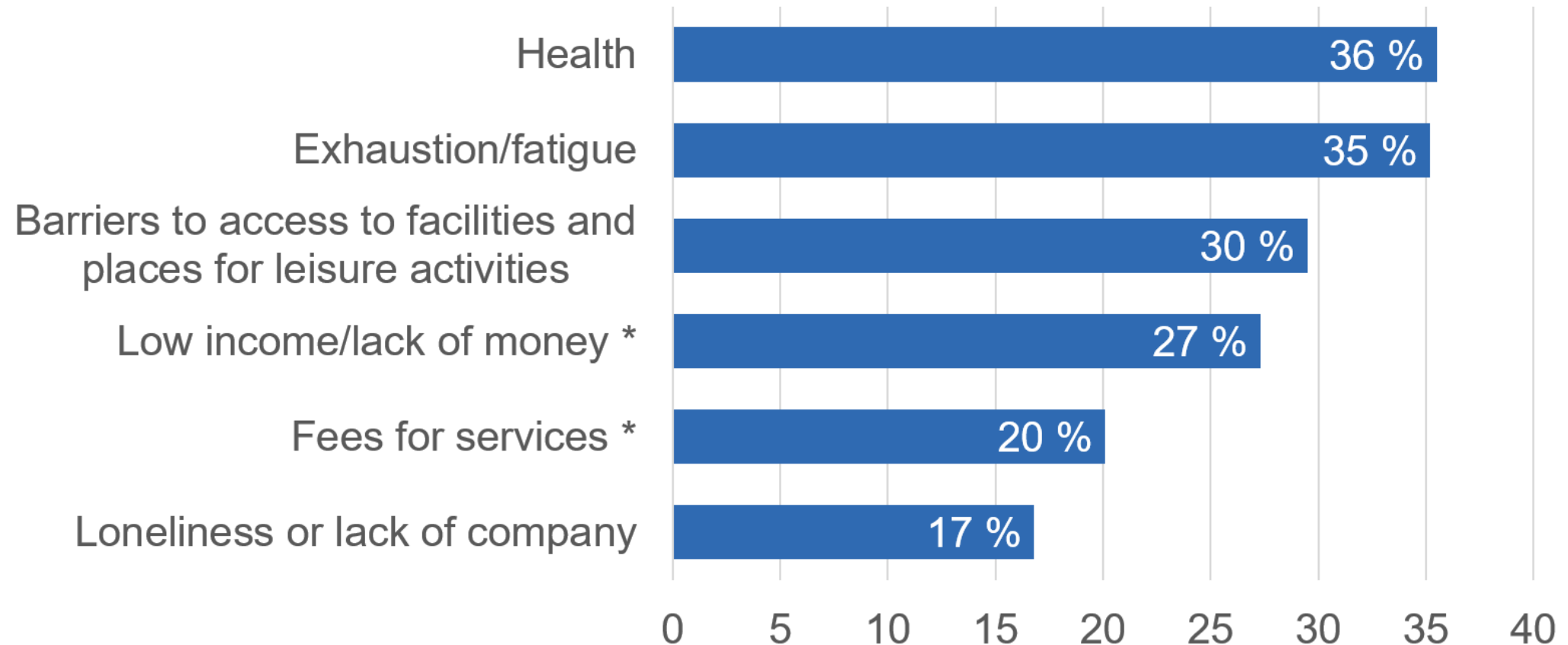
- 24% (n=380) had feared to run out of food before having money to buy more
 - In the 2023 Barometer, the percentage was 23%
 - In the general population, 14% (2024)
- 26% (n=418) had forgone doctor's appointments
 - In the 2023 Barometer, the percentage was 25%
 - In the general population, 16% (2024)
- 26% (n=416) had cut back on buying medicines
 - In the 2023 Barometer, the percentage was 24%
- 37% (n=597) had been forced to give up a hobby
 - In the 2023 Barometer, the percentage was 31%

Social and Health Care Client Fees

- For 54%, excessively high client fees had hindered access to health care services
 - In the 2023 Barometer, the percentage was 53%
 - In the general population, 35% (2024)
- For 28%, excessively high client fees had hindered access to social services
 - In the 2023 Barometer, the percentage was 23%
 - In the general population, 10% (2024)

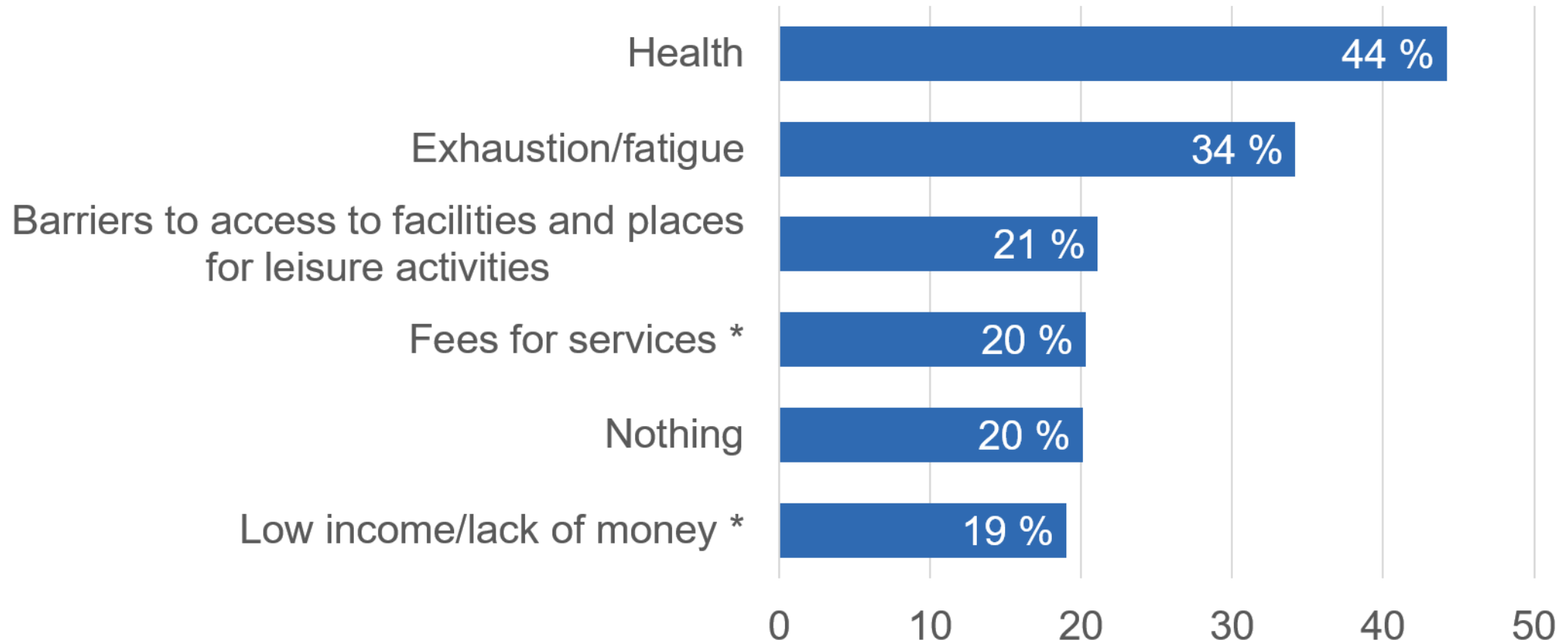
Financial Problems Limit Participation in Cultural Services

Select 3 things that most prevent (or hinder) your participation in cultural services (%), n=1313



And in Sports Services

Select 3 things that most prevent (or hinder) your participation in sports services (%), n=1028



Experiences of Inclusion and Financial Problems

- Experiences of inclusion were measured using the Experiences of Social Inclusion Scale (ESIS) by THL, which consists of ten statements related to e.g. sense of belonging, meaningfulness and opportunities to action
- Scores range from 0 to 100; a score below 50 indicates very low social inclusion
- Among respondents, 21% experienced very low inclusion
 - In the general population, the corresponding percentage was 10% (2024)
- Among those who had been forced to compromise on food, medicines or doctor's visits (n=615), 35% experienced very low inclusion

In Your own Words- citations

"There have been times when I have been forced to skip my medication and forgo doctor's appointments because I couldn't afford it".

"I've tried to get help with my lack of money, but my partner's income affects the situation—and he doesn't even buy food".

"Transport support has made it possible to participate in activities—such as hobbies—and meet friends. However, I often choose not to, because the cost of a round trip—just over six euros—is too high when living on social benefits."

References

- Finnish Institute for Health and Welfare (THL). [Experiences of social inclusion scale \(ESIS\)](#).
- Finnish Institute for Health and Welfare (THL). [Terve Suomi 2024 - kyselyosuuden indikaattoritaulukot](#). (Updated 15 May 2025).
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- Washington Group on Disability Statistics (WG). [The Washington Group Short Set on Functioning \(WG-SS\)](#). (Published 11 October 2022).
- World Health Organization (WHO). [International Classification of Functioning, Disability and Health \(ICF\)](#).



*YHDENVERTAINEN
JA ESTEETÖN SUOMI*