

The Moderating Effects of Perceived Transportation Access on Health and Social Connectedness for People with Disabilities

Summary

People with disabilities who have poor health often feel lonely or left out. We wanted to know if having reliable transportation could help people with disabilities feel less lonely and more connected to others.

What we found:

- Transportation made a difference in how health and loneliness were related.
- People with disabilities who could get where they need to go felt less lonely.
- People who had reliable transportation were happier with their social lives than those who didn't.

Why it matters:

Being able to get around helps people stay connected, which supports better mental and physical health. Programs and policies that make transportation easier to use (like improving paratransit or covering rides to social events, not just medical visits) can help people with disabilities live healthier, more connected lives.

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