

Social Isolation and Loneliness Among Rural and Urban People with Disabilities

Abstract

Social connection means spending time with others and feeling like you belong. When you don't have many friends or people to talk to, it's called social isolation. Feeling lonely means thinking you're all alone, even if you're not. Both social isolation and loneliness can make you feel bad physically and mentally.

Researchers looked at information from two big surveys to learn about how people with disabilities feel about being alone. They found that people with disabilities often feel more alone and lonely than those without disabilities. Also, folks in rural areas with disabilities have fewer friends but feel just as lonely as those in the city.

To help people with disabilities feel less alone and lonely, we should work on changing things in the world that make it hard for them to connect with others.

Research and Training Center on Disability in Rural Communities. (2021). [Social isolation and loneliness among rural and urban people with disabilities](#). Author: Missoula, MT.