

Assessing factors associated with social connectedness in adults with mobility disabilities

Abstract

Some people have trouble moving around because of disabilities. They might find it hard to go out and be with friends because of things like not being able to get into certain places, having health problems, or not having a way to get around easily. Being social and having friends is important for our health and how long we live.

We wanted to study two things:

1. How do people with mobility disabilities feel about being social, lonely, or isolated compared to those with different kinds of disabilities?
2. What things affect how people with mobility disabilities connect with others?

Here's what we did:

1. We looked at information from a big survey with over 600 people who have mobility disabilities and over 1,500 people with other disabilities.
2. We found that people with mobility disabilities were less likely to say they felt left out, but they were about the same when it came to being social and feeling lonely.
3. Among those with mobility disabilities, we learned that not having a job and not being in good health made people feel more lonely, isolated, and less happy with their social life.

This study tells us that being connected with others is really important for our health. We also learned what things can make it harder for people with mobility disabilities to have good social lives. This information can help doctors and people who provide services to make sure these folks have the support they need to be social and happy.

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