

Differences in social connectedness and perceived isolation among rural and urban adults with disabilities

Abstract

Some people feel really lonely, and it's as bad for their health as smoking. People with disabilities and those who live in rural areas are more likely to feel this way. But what happens when you have both a disability and live in a rural area? That's what we wanted to find out.

Here's what was done in this study:

1. We talked to adults with disabilities who live in different places (cities and rural areas) to see how they feel about being part of social activities and if they feel lonely.
2. We also looked at how many disability problems they had, whether they had a job, and if they lived with someone else to understand why they might feel the way they do.

Here's what was found:

1. People who said they felt healthier were usually happier with their social lives and didn't feel as lonely.
2. If someone had more disability problems, didn't have a job, or lived alone, they were less happy with their social lives and felt lonelier.
3. People in cities felt more lonely than those in rural areas, and this was different based on other factors.

Where you live and other things about you can affect how you feel about your social life and being lonely, especially if you have a disability.

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