

# Addressing the Challenges of Disability in Later Life

As we age, we are all at risk of developing a disability. In fact, according to the Centers for Disease Control and Prevention, one in four adults in the United States has a disability. And as the population continues to age, the number of people with disabilities is expected to increase.



## Ageing, Disability and Spirituality: Addressing the Challenge of Disability in Later Life by Martin Robinson

★★★★★ 5 out of 5

Language : English  
File size : 1118 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 274 pages



Disability can have a significant impact on our lives, affecting our ability to work, socialize, and participate in activities we enjoy. It can also lead to social isolation, depression, and other health problems.

The challenges of disability can be especially daunting in later life. Older adults with disabilities are more likely to experience poverty, lack of access to healthcare, and discrimination.

This book is a valuable resource for older adults with disabilities, their families, and caregivers. It provides a comprehensive overview of the challenges faced by older adults with disabilities, including:

- Physical challenges, such as pain, mobility problems, and sensory impairments
- Cognitive challenges, such as dementia and Alzheimer's disease
- Mental health challenges, such as depression and anxiety
- Social challenges, such as discrimination and isolation

The book also offers practical strategies for addressing these challenges, including:

- How to manage pain and other physical symptoms
- How to improve mobility and independence
- How to cope with cognitive decline
- How to manage mental health challenges
- How to build social support

This book is a must-read for anyone who is interested in learning more about the challenges of disability in later life. It is a valuable resource for older adults with disabilities, their families, and caregivers.

### **Free Download Your Copy Today!**

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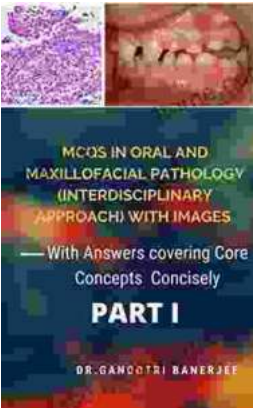


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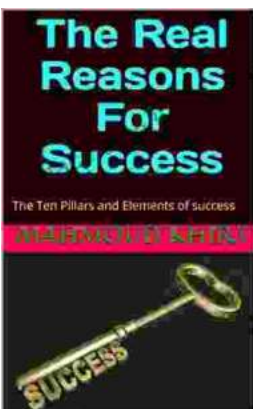
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