



# Survey of Aging with a Disability: An Update

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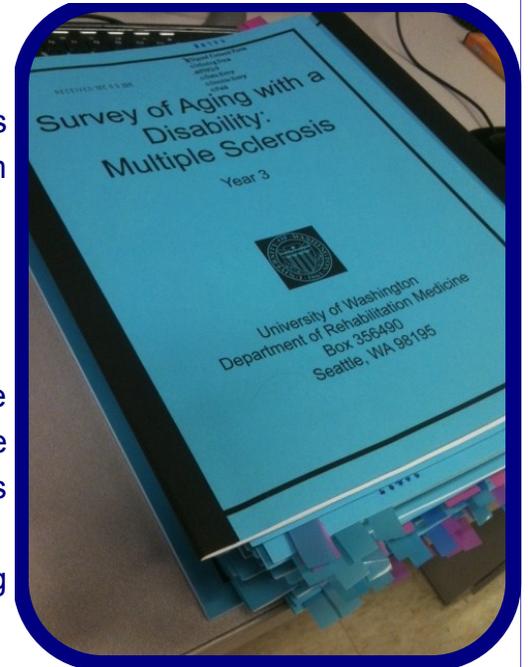
## Year 3 surveys coming to you soon!

### Year 3 Surveys Going Out

After some delay, our Year 3 surveys are going out. Batches will continue to be sent out from now through Summer 2012.

### Year 2 Surveys Being Processed

All of our Year 2 surveys have been data-entered *twice* to make sure our data is as accurate as possible. Now, we're in the process of cleaning and labeling this dataset.



### New Questions on Year 3 Surveys

The year 3 survey includes new questions about sexual functioning. Before we started the survey, we talked with several groups of people who were aging with a physical disability. Several people told us sexual functioning is important and often overlooked. They wanted us to include this in our research. We listened and have added questions to our Year 3 surveys.

We realize sexual functioning is a sensitive and taboo topic. Please remember, you are free to skip this section of questions or any of the questions on our survey you are not comfortable answering.

### Do you like reading and writing?

The RRTC for Aging with a Disability is developing factsheets on exercise, fatigue, depression, etc. to help people find reliable information that are based on trust-worthy sources.



We are looking for people to give us feedback on our first drafts of these factsheets. Reviewing a factsheet would be a one-hour phone call and we would pay you \$25 for your time. *Please*

*contact us if you're interested in helping!*

## The Course of Fatigue.

Fatigue is a serious problem for many people with MS, SCI, MD and SCI. Currently, little is known about the course of fatigue as someone ages with a physical disability.

In aging research, studies have shown fatigue to increase with age, but drops off when people reach retirement age. Middle-age is a time of great stress –

work responsibility, saving for retirement, and preparing children for independence. After retirement, the decrease in daily stress helps to reduce fatigue. Results from our survey found that people with MS, MD, PPS and SCI do not reap the “retirement benefit” on fatigue.

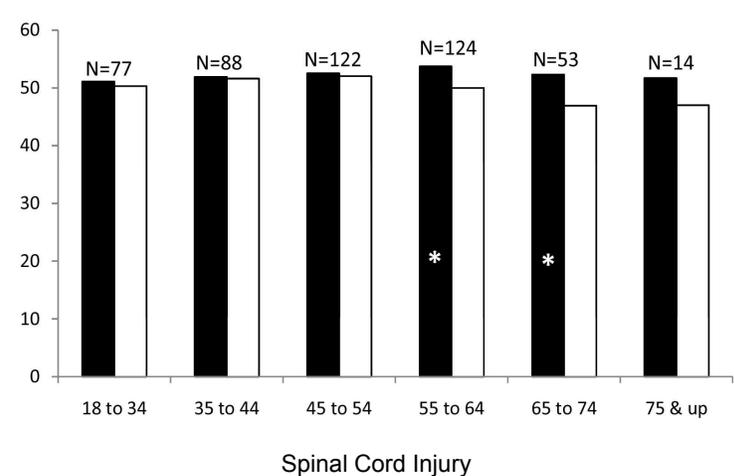
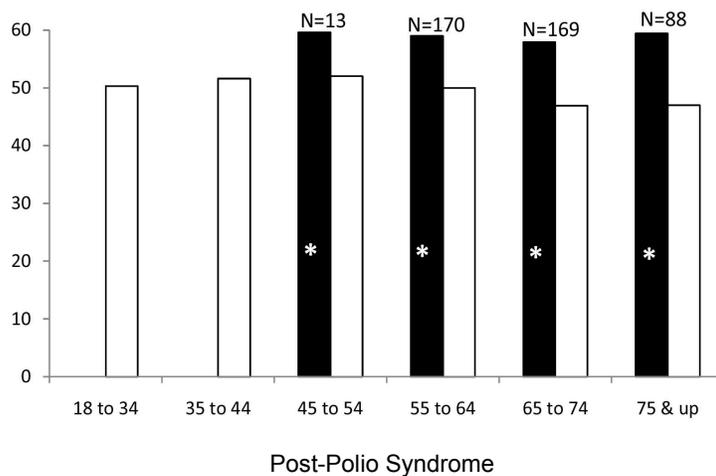
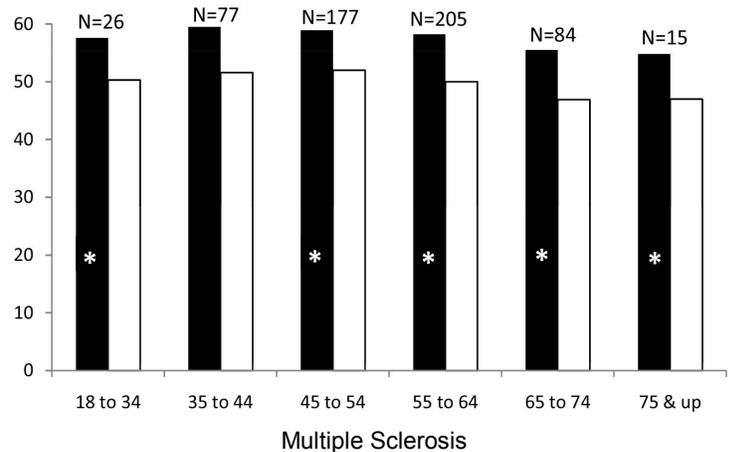
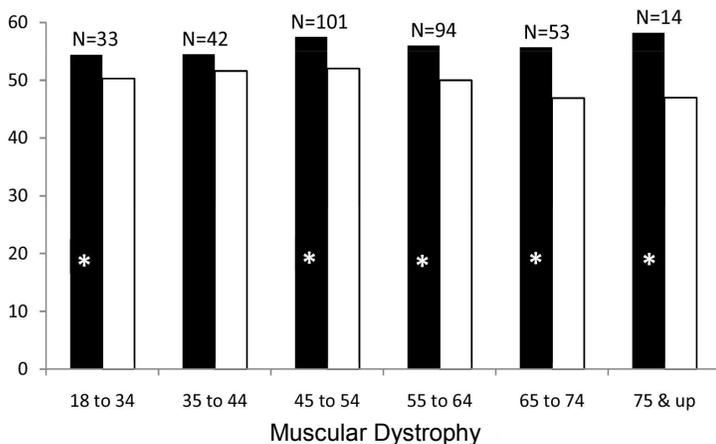
Instead, for people with disabilities, fatigue stays the same or gets worse as people age into the retirement years (Cook,

2011).

In the graphs below:

- ◆ Our data reveals higher levels of fatigue (black bars) when compared to the U.S. general population (white bars).
- ◆ Also, you can easily see the fatigue levels stay high across all age groups.

### Fatigue Levels by Disability and Age Group



\* =  $p < 0.0001$

United States Sample

Clinical Samples