

# SURVEY NEWS

Annual Aging & Quality of Life Survey Newsletter

July 2015

## Survey Updates

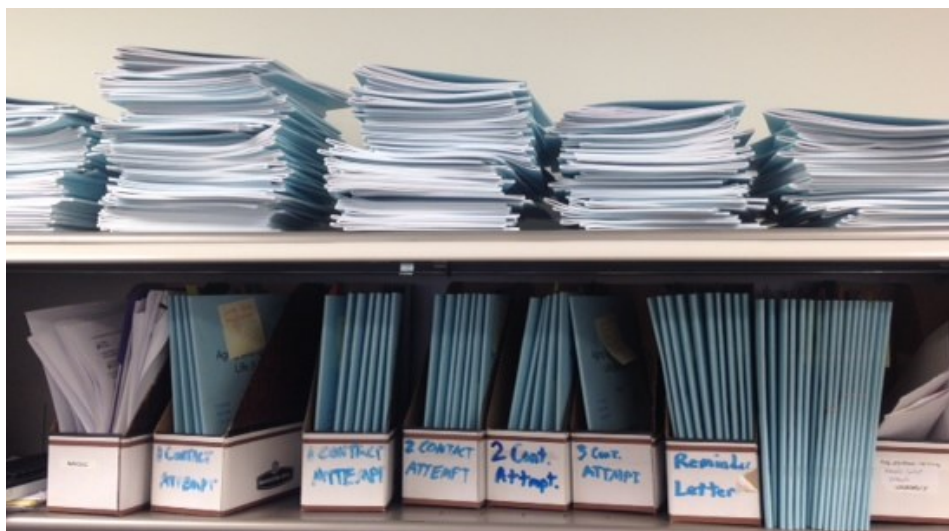
We're super excited that we have new funding to continue our survey 3 more times in the next 4 years. We're winding down our 5th survey right now and we have about 1,600 people living with Multiple Sclerosis, Muscular Dystrophy, Post-Polio, or Spinal Cord Injury who've filled out and returned our survey from all over the United States.

### Welcome New Participants!

Over the last 4 years, some people decided to stop or could no longer take part in our survey, so we've invited new people to participate. We have over 150 new people participating this year. Thank you for joining!

### What's new this round?

- ◇ You may notice fewer repeat questions. We've tested out several measures and now there is no need to ask you about your fatigue in a million different ways.
- ◇ New questions about your use of health care and rehabilitation services as well as accessibility of these services. Improving health care and access is a nation-wide focus right now.



So many surveys! Here's what our shelves look like while we're getting all your surveys.

## In This Issue

- Survey Updates
- Resilience May Help Us Stay Engaged in Life
- Our Factsheets
- Falls Occur All Too Often
- How to Find Results

# Resilience May Help Us Stay Engaged

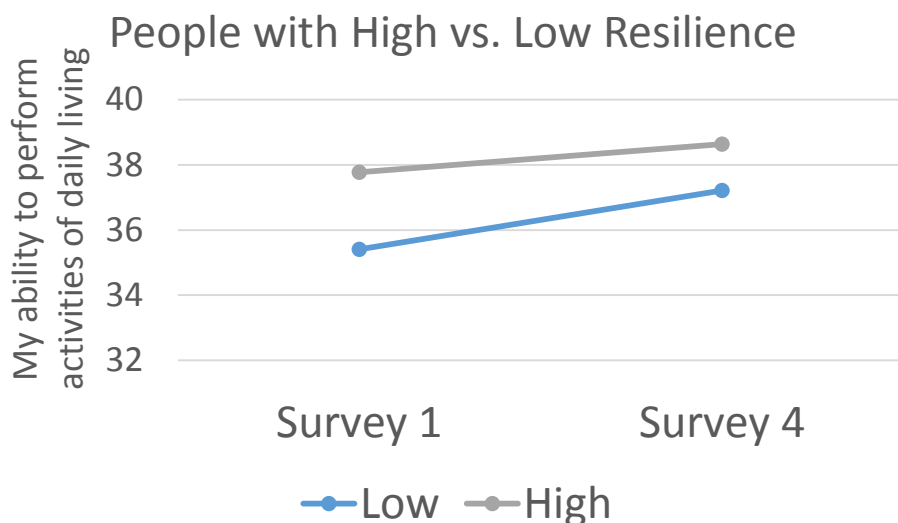
Living with a chronic condition like multiple sclerosis or spinal cord injury can be challenging and stressful and may put people at risk for depression. Despite these challenges, many people are living life to its fullest, happy, and active in their communities.

Through our survey, we found that people who felt more resilient, or who were good at adapting to stress and adversity, reported performing their daily activities better. They were less depressed and they were more satisfied with their family and community lives. Looking at our 1st and 4th surveys, we found these patterns held over time, showing that the more resilient a person was at the 1st survey, the more their functioning improved at the 4th survey.

## Tips for coping with stressful times

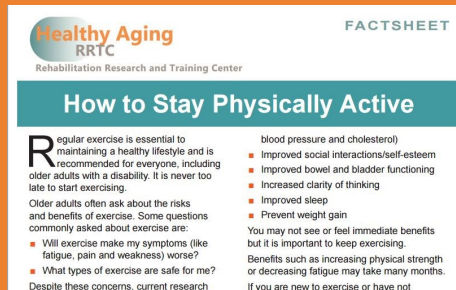
- Spend time with friends and loved ones, especially when you are stressed.
- Regularly think about things and people you are grateful for.
- Make time to do things you enjoy and find meaning in.
- Use mindfulness meditation as a way to help manage your thoughts and feelings.

Read more about this online: <http://goo.gl/WsnoS1>



People with high resilience reported better functioning at their daily activities at Survey 1 and even higher at Survey 4

# Ageing Well with a Physical Disability Factsheet Series



Have you checked out our factsheets? One of our goals is to take what we've learned through our research and transform it into meaningful and useful tools for both providers, patients and their loved ones. Our factsheets are based on the most up-to-date and highest quality research available. Some of our most popular include:

- ◆ **How to Stay Physically Active**
- ◆ **How to do a Lot with a Little: Managing Your Energy**
- ◆ **How to Prevent Falls**
- ◆ **How to Get the Most Out of Your Health Care Visits**

You may download & print or read all of our factsheets online:

[agerrtc.washington.edu/info/factsheets](http://agerrtc.washington.edu/info/factsheets)

## Who's at Risk?

- People who have trouble walking.
- Men.
- People with a greater number of health conditions.
- People with balance problems.
- People who have trouble seeing.

## What Can I Do?

- Are you using your assistive device (cane, walker, crutch, etc.) correctly? Are you using the right one? Does it fit you properly? Find out by seeing a Physical Therapist (PT).
- Are there falling dangers in your home? Find out by seeing an Occupational Therapist (OT).
- Talk with your doctor.
- Sign up for a fall prevention class.
- Talk with your friends and family.

Check out our factsheet on how to prevent falls:

[agerrtc.washington.edu/info/factsheets/falls](http://agerrtc.washington.edu/info/factsheets/falls)

# Falls Occur All Too Often

If you're living with:

- Muscular Dystrophy (MD)
- Multiple Sclerosis (MS)
- Post-Polio syndrome (PPS)
- Spinal Cord Injury (SCI)

these conditions often impact your mobility and falls may be an everyday part of your life.

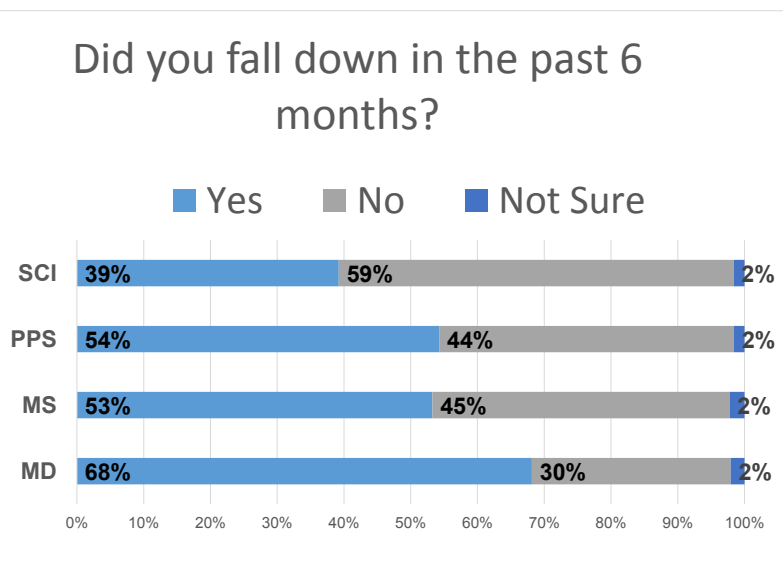
Falls are harmful both from the injuries that we may suffer as well as the fear that may impact how we live our day to day lives after a fall.



People living with MD, MS, PPS, or SCI reporting falling

more often than not. Seven out of 10 People with MD that filled out our survey reported falling. About 2 – 3 of every 4 people with PPS or MS reported falling. Lastly, 2 out of every 5 people with SCI reported falling. A greater number of falls reported were from people who were middle-aged (45 to 65 years old) and who described their walking ability as limited, using an assistive device such as a cane, crutch, or walker.

Read more about this online: <http://goo.gl/z8oWVj>



Reports of Falling are Common (From Survey 1)

## How do I find results?

Each time we publish a research article, it's logged on our website. Also, we're writing brief summaries of each newly published article. Here's how to stay connected with what we're finding:

- Brief summaries are on our home page under **What's New: [agerrtc.washington.edu/news](http://agerrtc.washington.edu/news)**
- Research articles are on our website under Publications: **[agerrtc.washington.edu/pubs](http://agerrtc.washington.edu/pubs)**
- Inside our quarterly e-newsletters. Sign-up by emailing us at **[agerrtc@uw.edu](mailto:agerrtc@uw.edu)**
- Regular updates on our social media. Follow us on:

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Promoting Healthy Aging for Everyone

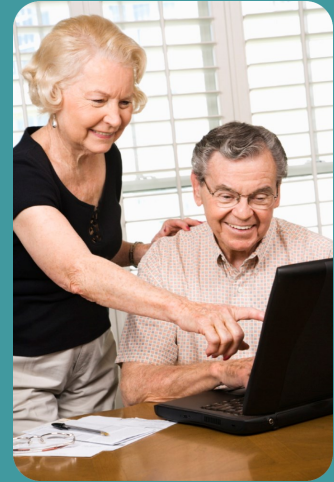
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