

# Aging with a Physical Disability Survey Study

University of Washington

Aging Rehabilitation Research and Training Center  
Department of Rehabilitation Medicine

*Announcing a new study on aging with a disability (muscular dystrophy, multiple sclerosis, post-polio syndrome and spinal cord injury)*

## **PURPOSE**

It may be surprising to you, but rehabilitation professionals don't know much about the natural course of aging with physical disabilities such as muscular dystrophy, multiple sclerosis, post-polio syndrome and spinal cord injury. It is important to understand how aging impacts your life with a disability, and what to expect long term as a person with a physical disability ages. The most fundamental requirement for increasing our knowledge and developing effective treatments is the availability of reliable, sensitive, and meaningful ways of measuring things like pain, fatigue, mobility, and communication, and their effects on day-to-day functioning.

## **RESEARCH ACTIVITIES**

If you decide to participate in this study, we will ask you to fill out two to four surveys over the course of four years, depending on your age. As long as you are over 18, you are eligible to participate. These surveys will ask you about your experience with pain, fatigue, sleep, participation in daily activities, your social support, and general mood and outlook. The survey will also ask for some basic demographic information, such as your age, gender, and education. The survey will take about 60 minutes to complete. We will mail you the survey and include a postage paid envelope that you can use to return it to us. Each time we have received your completed survey, you will receive a check for \$25 for your time and effort.

Participating in this research is completely voluntary. You may decide not to participate in this study, and you may withdraw from the study at any time. Your decision to withdraw will not affect your health care in any way. There are no penalties or loss of benefits if you choose not to take part in the study or if you decide to withdraw early.

## **PARTICIPATE**

If you would like to participate, please contact project staff at:

University of Washington  
Aging Rehabilitation Research and Training Center  
Department of Rehabilitation Medicine  
206-221-5641 or 1-866-928-2114  
[agerrtc@u.washington.edu](mailto:agerrtc@u.washington.edu) \*

\*Please remember that we cannot guarantee the confidentiality of any information sent by email.