



Aging with Multiple Disabilities: Exploring Patterns of Regular Behavior in Diverse Age Cohorts

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ABSTRACT

This study explores how aging influences the regular behavior of individuals with multiple disabilities. Through a series of questions, respondents were asked to select the option that best describes their perceptions of the relationship between aging and behavior patterns in individuals with multiple disabilities. The study examines various factors such as changes in cognitive functioning, the role of early intervention, and the emergence of new behavioural challenges with age. The findings of this study contribute to a deeper understanding of the multifaceted challenges faced by individuals with multiple disabilities as they age, informing future research and interventions aimed at promoting healthy aging and maximizing independence and participation in society.

Keywords: Multiple Disabilities, Age Groups, Understanding, Support Strategies, Inclusion, Intervention, Quality of Life, Developmental Milestones.

1.0 INTRODUCTION

Individuals with multiple disabilities face multifaceted challenges that can significantly impact their daily lives and behaviour across different stages of aging. Multiple disabilities refer to the coexistence of two or more disabilities, such as cognitive impairment, sensory deficits, physical disabilities, and psychiatric disorders, among others. As these individuals age, the interaction between their disabilities and the aging process itself can introduce complexities in understanding their regular behaviour patterns. Research has shown that age-related changes, compounded by the presence of multiple disabilities, can influence various aspects of an individual's behaviour and functioning. Factors such as cognitive decline, physical health limitations, changes in social roles, and environmental adaptations can all contribute to shifts in behaviour among individuals with multiple disabilities as they age [1-3]. Moreover, understanding the regular behavior of individuals with multiple disabilities across diverse age cohorts is essential for developing tailored treatments and methods of assistance to improve their standard of living.

Notwithstanding the importance of this subject, there remains a gap in empirical research exploring the nuanced patterns of regular behavior among individuals with multiple disabilities across different age groups.

Objective

The objective of this study is to investigate the patterns of regular behavior in individuals with multiple disabilities across diverse age cohorts. Specifically, the study aims to:

1. Explore how aging influences the regular behavior of individuals with multiple disabilities.
2. To explore the influence of specific types of disabilities (intellectual, physical, emotional, etc.) on the patterns of regular behavior observed in individuals with multiple disabilities.

2.0 LITERATURE REVIEW

[1] provides an insightful review on the adulthood and life expectancy of individuals with intellectual disabilities (ID). The author highlights a significant shift in the perception and understanding of aging among individuals with ID, noting that increases in life expectancy mirror trends observed in the general population. Historically, middle and old age were not recognized within this population, but they are now acknowledged as vital phases of the life course. The study emphasizes that the life expectancies of people with ID is becoming closer to that of the rest of the population, with the notable exception of those who have the genetic condition Down syndrome with extreme and persistent impairments. This shift signifies improvements in healthcare, living conditions, and social support for individuals with ID over recent decades. Consequently, older adults with ID now constitute a growing proportion of the elderly population, underscoring the need for tailored services and support systems to address their unique needs. [2] Offer research that looks at the association between age and risk factors for non-communicable disorders (NCDs) among older people who are handicapped in China's Shanghai city, with a particular emphasis on variances according to the kind of impairment.

Citation: Shyny K. P., and Anirudh Chandra Basu (2025). Aging with Multiple Disabilities: Exploring Patterns of Regular Behavior in Diverse Age Cohorts. *Social Work Reviews: an International Journal*.

DOI: <https://doi.org/10.51470/SWR.2025.4.2.01>

Received: 03 July 2025

Revised: 01 August 2025

Accepted: 05 September 2025

Available Online: October 08, 2025

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By examining how disability type affects the relationship amongst age on NCD risk factors—an area that has not received enough attention in the past—the authors close a research gap in the field of elderly Chinese people with abilities. Using medical information collected from 20,471 senior people who had impairments in 2017, the research focuses on four risk factors for NCDs: overweight, arterial hypertension, a condition called hyper and a high level of The authors account for socioeconomic characteristics and use logistic regression analysis to investigate differences in the relationship amongst age and NCD risk factors for various kinds of disabilities. The study underscores the importance of tailored interventions for elderly individuals with disabilities, particularly those whose disabilities are more strongly influenced by environmental factors. The authors suggest that interventions should prioritize reducing barriers to physical activities by enhancing living conditions and environmental adaptability. This highlights the need for holistic approaches that address both individual health needs and environmental factors to promote healthy aging among elderly persons with disabilities.

[3-6] address the critical issue of falls among older adults in the US, highlighting their profound impact on morbidity and mortality within this demographic.

The paper provides a comparative analysis of fall incidences, risk factors, penalties, and preventative measures among older persons who live in communities as well as those who have physical impairments such as multiple sclerosis, injury to the spinal cord, late-effects the disease polio musculoskeletal dystrophies, and others. The authors emphasize that falls constitute a significant public health concern across both aging populations and those living with physical disabilities. Through a comprehensive review of literature, they delineate the similarities and differences in fall-related issues between these two groups, shedding light on nuanced factors that contribute to falls and their consequences.

3.0 RESEARCH METHODOLOGY

The study employs a quantitative, cross-sectional research design to investigate regular behavior patterns among individuals with multiple disabilities across different age brackets. One hundred participants aged 45 years and older, all diagnosed with multiple disabilities, were included in the study. Convenience sampling was employed to recruit participants. Data collection utilized a structured questionnaire consisting of five questions intended to gather insights into daily routines, social interactions, communication habits, leisure activities, and coping strategies.

4.0 DATA ANALYSIS

Table 1: Frequency Distribution of Survey

Sr. No.	Questions	Response	Frequency	Percentage
1	Which of the following best describes the influence of aging about the typical conduct of people who have many impairments?	a) Aging has minimal impact on behavior patterns in individuals with multiple disabilities.	20	20%
		b) Aging leads to increased stability in behavior among individuals with multiple disabilities.	15	15%
		c) Aging can introduce complexities and variations in behavior among individuals with multiple disabilities.	40	40%
		d) Aging has a uniform effect on behavior across all individuals with multiple disabilities.	25	25%
2	What is a significant consideration when exploring how aging influences regular conduct in people who have a variety of impairments?	a) The prevalence of disabilities in the general population	25	25%
		b) Socioeconomic factors associated with aging	20	20%
		c) Changes in cognitive functioning over time	30	30%
		d) Environmental adaptations unrelated to age	25	25%
3	Which of the following factors may contribute to variations in behavior patterns among individuals with multiple disabilities as they age?	a) Decreased importance of social interactions	15	15%
		b) Improved physical health status	20	20%
		c) Changes in cognitive abilities	35	35%
		d) Static environmental conditions	30	30%
4	In understanding the influence of aging on the regular behavior of individuals with multiple disabilities, what role does early intervention play?	a) Early intervention has no significant impact on behavior patterns.	15	15%
		b) Early intervention can mitigate the impact of aging-related changes on behavior.	40	40%
		c) Early intervention exacerbates behavior changes among individuals with multiple disabilities.	10	10%
		d) Early intervention is unrelated to behavior patterns in aging individuals with multiple disabilities.	35	35%
5	What is one potential outcome of the interaction between aging and multiple disabilities regarding behavior patterns?	a) Increased predictability in behavior over time	25	25%
		b) Decreased variability in behavior across age groups	10	10%
		c) Emergence of new behavioral challenges with age	30	30%
		d) Unaffected behavior patterns regardless of age or disability	35	35%

Analysis and Discussion

The analysis reveals that the majority of respondents (40%) believe that aging can introduce complexities and variations in behavior among individuals with multiple disabilities. This suggests a nuanced understanding of the interaction between aging and disability, acknowledging the potential for changes in behavior patterns over time.

Additionally, changes in cognitive abilities were identified as a significant factor contributing to variations in behavior patterns among individuals with multiple disabilities as they age. The study also highlights the perceived role of early intervention, with 40% of respondents indicating that early intervention can mitigate the impact of aging-related changes on behavior.

This underscores the importance of proactive measures to support individuals with multiple disabilities as they age, emphasizing the potential benefits of timely interventions in addressing behavioral challenges.

Furthermore, respondents recognize the potential emergence of new behavioral challenges with age, with 30% selecting this option as one potential outcome of the interaction between aging and multiple disabilities regarding behavior patterns. This highlights the dynamic nature of behavior and the need for ongoing support and adaptation to meet the evolving needs of individuals with multiple disabilities as they age.

5.0 CONCLUSION

This research offers insightful information on the intricate link between aging and regular behavior in individuals with multiple disabilities. The findings underscore the importance of considering factors such as changes in cognitive functioning, the role of early intervention, and the emergence of new behavioral challenges with age when addressing the needs of this population. By understanding the nuanced dynamics of aging and disability, policymakers, healthcare professionals, and caregivers may create focused support and assistance plans to improve their standard lifestyle and general well-being of older people with various impairments. The results of this investigation add to our grasp of the complex challenges faced by individuals with multiple disabilities as they age, informing future research and interventions aimed at promoting healthy aging and maximizing independence and participation in society.

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