

NAVIGATING LIFE'S JOURNEY: UNDERSTANDING REGULAR BEHAVIOUR IN INDIVIDUALS WITH MULTIPLE DISABILITIES ACROSS AGE GROUPS

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Abstract: This study examines perceptions regarding the impact of disabilities, healthcare access, demographics, and socioeconomic factors on the aging process of individuals with multiple disabilities. A total of 100 respondents participated, providing insights into their perspectives on these issues. The findings suggest that intellectual disabilities are perceived to have the most profound effect on aging, followed by physical and emotional disabilities. Respondents varied in their beliefs regarding the influence of multiple disabilities on aging, with differing opinions on acceleration, deceleration, or no significant effect. Healthcare access was considered crucial in mitigating the effects of multiple disabilities on aging, although opinions varied.

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

1. INTRODUCTION

The journey of individuals with multiple disabilities is unique and multifaceted, marked by challenges and triumphs as they navigate through life's complexities. Multiple disabilities encompass a spectrum of conditions, including but not limited to physical, cognitive, sensory, and developmental impairments, which significantly impact individuals' ability to engage in daily activities, communicate effectively, and participate meaningfully in society (Bruce, S. M., & Ivy, S. E. 2017). Understanding regular behavior within this population across various age groups is essential for developing targeted interventions, fostering independence, and enhancing overall quality of life.

Regular behavior refers to the observable patterns of actions, interactions, and responses exhibited by individuals with multiple disabilities in their daily lives. These behaviors may encompass a wide range of activities, including self-care routines, social interactions, communication skills, and leisure pursuits. Despite the challenges posed by their disabilities, individuals with multiple disabilities often demonstrate remarkable resilience, adaptability, and a desire for autonomy and inclusion (Hall, A. M., & Theron, L. C. 2016).

The complexity of regular behavior in individuals with multiple disabilities arises from the interplay of various factors, including the nature and severity of the disabilities, individual strengths and limitations, environmental influences, and societal attitudes and expectations. Understanding these factors and their impact on behavior is essential for tailoring support services, educational programs, and community resources to meet the diverse needs of individuals with multiple disabilities across different stages of life.

Objective

- To investigate regular behaviour patterns across age groups in individuals with multiple disabilities for tailored interventions and support strategies.
- To examine how access to healthcare services influences the aging experience of individuals with multiple disabilities.

2. LITERATURE REVIEW

(Poppes et al. 2014) delves into the critical issue of challenging behaviors among individuals with “profound intellectual and multiple disabilities (PIMD)”. Recognizing the heightened risk of such behaviors among this population and their significant impact on quality of life, the authors focused on analyzing daily practices in residential facilities aimed at addressing these challenges. The research team selected a divided group of 30 people with the most dangerous who frequently reported difficult behavior from a collection of data of 181 young people and adults alongside PIMD after carefully examining the self-injurious, stereotyped harmful or violent tendencies that are often seen among people who suffer from PIMD. The study also highlighted the simplistic nature of interventions aimed at mitigating challenging behaviors, emphasizing the need for more nuanced and proactive strategies to effectively address these complex behaviors among individuals with PIMD.

(Nakken, H., & Vlaskamp, C. 2007) delves into the pressing need for a taxonomy tailored specifically for individuals with “profound intellectual and multiple disabilities (PIMD)”. The authors underscore the complexity inherent in discussing the education and support of individuals with PIMD, particularly concerning their inclusion and full citizenship within society. One of the central challenges highlighted by the authors is the lack of clarity and consistency in describing the variations and types of PIMD. This lack of clarity complicates discussions surrounding the quality of education and support services provided to individuals with PIMD. To address this issue, Nakken and Vlaskamp propose the development of a multi-axial model-based taxonomy that goes beyond the traditional characterization of PIMD. The proposed taxonomy distinguishes various factors that contribute to the complexity of PIMD, including disabilities related to the eyes, hearing, or brain, as well as various other medical conditions. The two primary features of PIMD, namely restricted intelligence and impaired bodily functions, are complemented by these further aspects.

(Lancioni, G. E., et al 2005) provides a perceptive summary of studies designed to raise happiness indices in people with severe/profound cerebral and developmental impairments (ID). The writers tackle the important topic of improving the general well-being and standard of life for those who are dealing with serious physical and mental health issues. The paper's main goal is to provide an overview and analysis of research investigations that were carried out between 1990 and 2004 suffering the aim of raising happiness indices among people with severe or profound ID. After doing extensive manual and electronic searches to find relevant articles, the authors were able to include 24 study results in the analysis they conducted. The research that Lancioni et al. analyzed used a variety of techniques to raise happiness indices in people with severe/profound ID. Established the stimulation meetings, to convey microswitch-based stimulus meetings, to convey favorite work tasks and leisure activities, pleasant environments or behavior support initiatives, attentive parental care, naturally transmission of favorite stimulus during utilize commitment, and the snoezelen therapy were some of these treatments.

3. RESEARCH METHODOLOGY

The research design for this study involves a quantitative, cross-sectional approach aimed at examining regular behavior patterns in individuals with multiple disabilities across various age groups. The study involve 100 participants aged 45 years and above, all of whom have been diagnosed with multiple disabilities. Convenience sampling was be utilized to recruit participants. Data was collected through a structured questionnaire comprising five questions designed to elicit information about daily routines, social interactions, communication patterns, leisure activities, and coping mechanisms.

4. DATA ANALYSIS

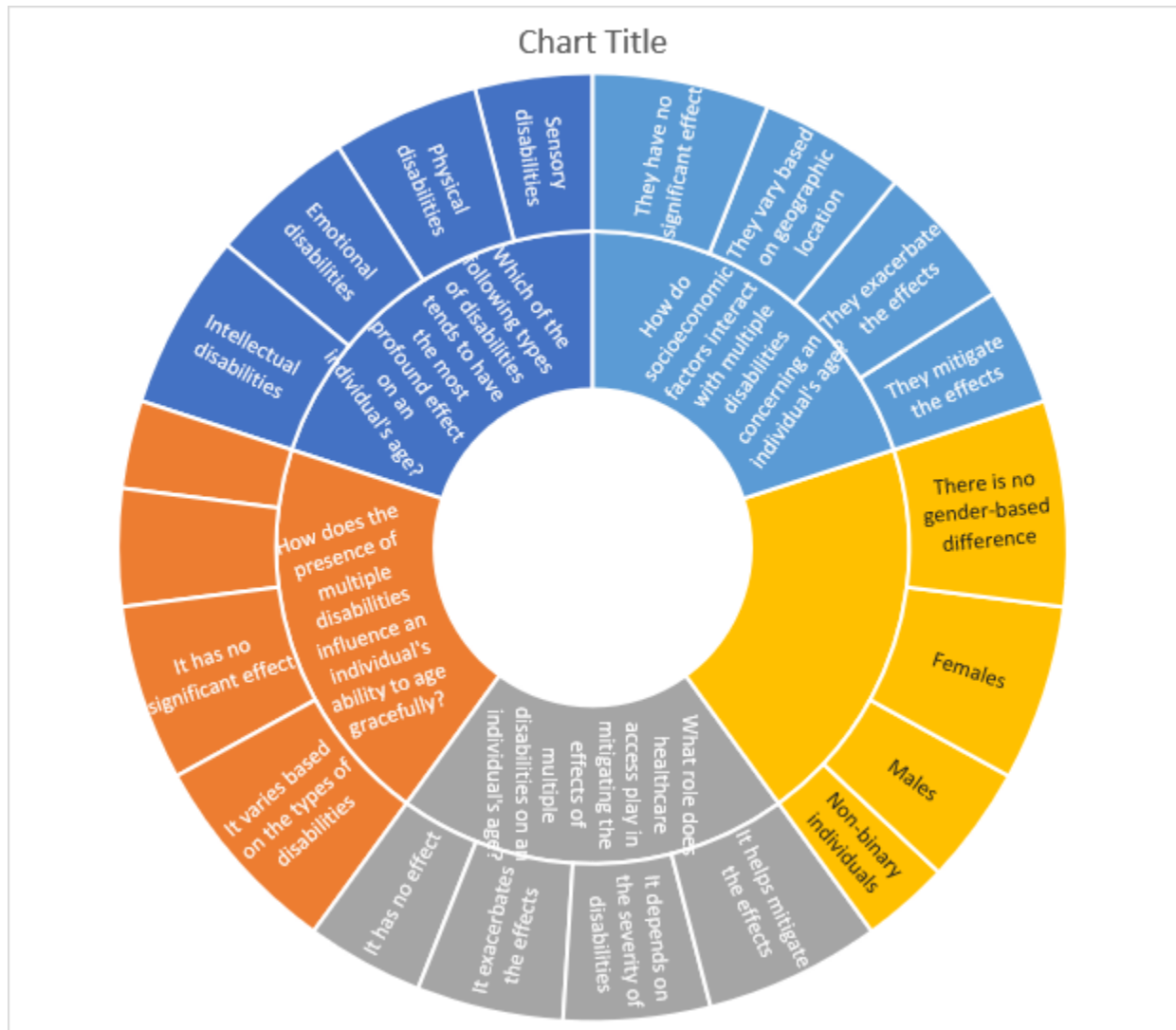


Fig. 1 Summary of Responses

Table 1. Frequency Distribution of Responses

Question	Response	Frequency	Percentage
Types of disabilities tends to have the most profound effect on an individual's age	Physical disabilities	25	25%
	Intellectual disabilities	30	30%
	Sensory disabilities	20	20%
	Emotional disabilities	25	25%
	They have no significant effect	20	20%
Presence of multiple disabilities influence an individual's ability to age gracefully	It accelerates the aging process	20	20%
	It decelerates the aging process	15	15%
	It has no significant effect	30	30%
	It varies based on the types of disabilities	35	35%
	It exacerbates the effects	25	25%
Role does healthcare access play in mitigating the effects of multiple disabilities on an individual's age	It exacerbates the effects	25	25%
	It depends on the severity of disabilities	20	20%
	It helps mitigate the effects	25	25%
	Non-binary individuals	20	20%
	Males	20	20%

	It has no effect	20	20%
	It helps mitigate the effects	30	30%
	It depends on the severity of disabilities	25	25%
Demographic tends to experience the most significant impact of multiple disabilities on their age	Males	20	20%
	Females	30	30%
	Non-binary individuals	15	15%
	There is no gender-based difference	35	35%
Socioeconomic factors interact with multiple disabilities concerning an individual's age	They exacerbate the effects	25	25%
	They mitigate the effects	20	20%
	They have no significant effect	30	30%
	They vary based on geographic location	25	25%

1. Types of Disabilities and Their Effect on Age:

- Physical disabilities and emotional disabilities each have a frequency of 25, contributing to 25% of responses.
- Intellectual disabilities have the highest frequency with 30 respondents, comprising 30% of responses.
- Sensory disabilities also have a considerable impact, with a frequency of 20, representing 20% of responses.
- From this data, it appears that intellectual disabilities are perceived to have the most profound effect on an individual's age, followed closely by physical and emotional disabilities, while sensory disabilities have a slightly lower impact.

2. Influence of Multiple Disabilities on Aging:

- Respondents believe that the influence of multiple disabilities on aging varies significantly based on the types of disabilities, with 35 respondents (35%) indicating this option.
- 30 respondents (30%) believe that multiple disabilities have no significant effect on aging.
- However, 20 respondents (20%) believe that multiple disabilities exacerbate the aging process, while 15 respondents (15%) believe they decelerate it.
- This suggests a diverse range of perspectives regarding the impact of multiple disabilities on the aging process.

3. Healthcare Access and Its Role:

- The majority of respondents (30%) believe that healthcare access helps mitigate the effects of multiple disabilities on aging.
- 25 respondents (25%) think healthcare access exacerbates the effects, while another 25% believe it depends on the severity of disabilities.
- Only 20 respondents (20%) believe healthcare access has no effect on mitigating the effects.

4. Demographic Impact on Aging with Multiple Disabilities:

- The data suggests that there is no gender-based difference in the impact of multiple disabilities on aging, with 35 respondents (35%) choosing this option.
- Females are perceived to be more impacted, with 30 respondents (30%), followed by males with 20 respondents (20%), and non-binary individuals with 15 respondents (15%).

5. Interaction of Socioeconomic Factors with Multiple Disabilities:

- Responses indicate a belief that socioeconomic factors vary in their interaction with multiple disabilities concerning an individual's age, with 25% of respondents selecting this option.
- 30% believe socioeconomic factors have no significant effect, while 25% believe they exacerbate the effects, and 20% believe they mitigate them.

5. CONCLUSION

The study sheds light on the multifaceted nature of aging experiences among individuals with multiple disabilities. The perceptions of respondents regarding the impact of disabilities, healthcare access, demographics, and socioeconomic factors on aging varied widely, reflecting the complexity of this issue. Intellectual disabilities were perceived to have the most significant effect on aging, emphasizing the need for targeted interventions and support services for individuals with such disabilities. Furthermore, the role of healthcare access in mitigating the effects of multiple disabilities on aging was highlighted, underscoring the importance of equitable access to healthcare services. The absence of consensus on gender-based differences in the impact of disabilities on aging suggests the need for further research in this area. Overall, our findings underscore the importance of understanding the unique challenges and needs of individuals with multiple disabilities as they navigate the aging process, and they provide valuable insights for the development of inclusive and supportive policies and programs.

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