

## **How to Bounce Back [Aging Well with a Physical Disability Factsheet Series]**

The University of Washington's Healthy Aging RRTC (Rehabilitation Research and Training Center) has developed an evidence-based Factsheet Series on a variety of topics related to aging well with a physical disability.

[How to Bounce Back](#) explores how to build resilience to cope with the stresses of aging with a disability, and focuses on how people cope with disabilities as they age; the factors that make people resilient; and tips for building resilience.

### Article Source

University of Washington's Healthy Aging Rehabilitation Research and Training Center

### Source URL

<http://agerrtc.washington.edu>

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