

Quality of life and life satisfaction among adults with SCI

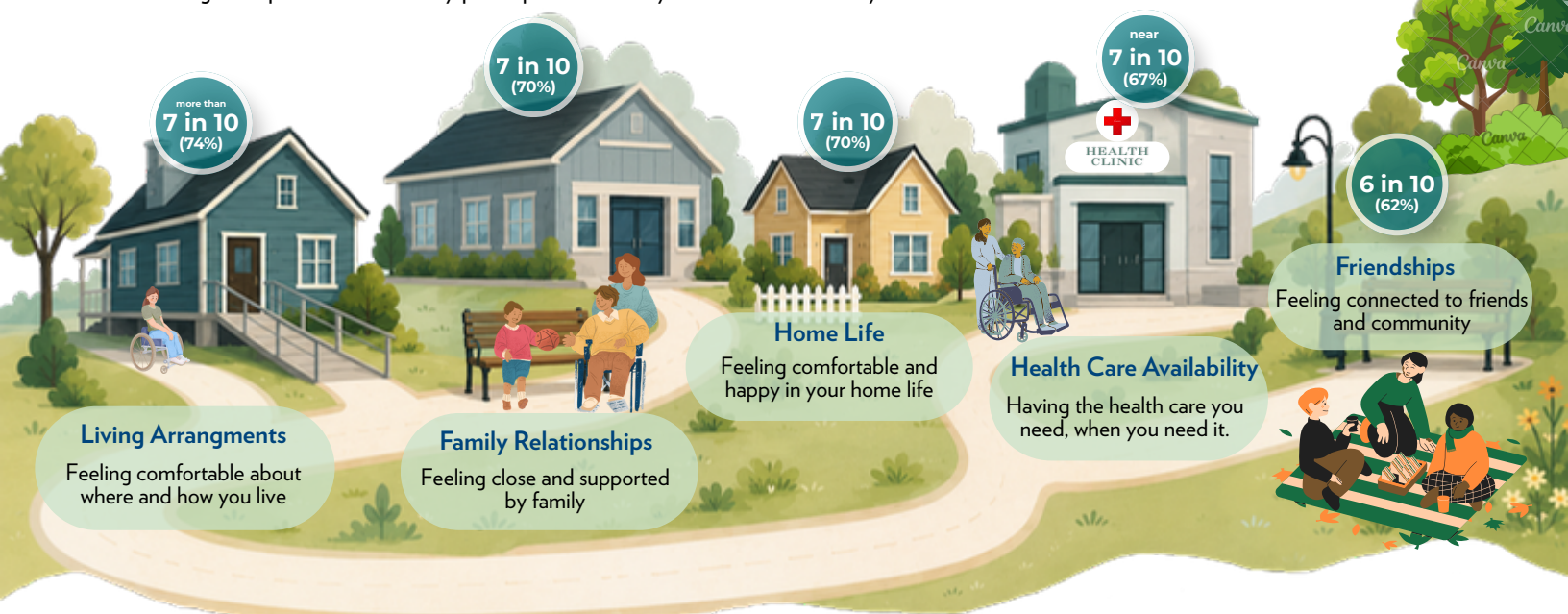
Which Areas of Life Feel Strongest and Which Feel Hardest?

People living with SCI rated how satisfied they were with 20 areas of daily life, from very dissatisfied to very satisfied. These were the areas people felt most and least satisfied with.



Areas of Higher Satisfaction

Each figure represents how many participants said they were satisfied or very satisfied with that area of life.



Areas of Lower Satisfaction

Each figure shows the percentage of participants who said they were satisfied or very satisfied with that area of life.



Illustrations and layout created using Canva.

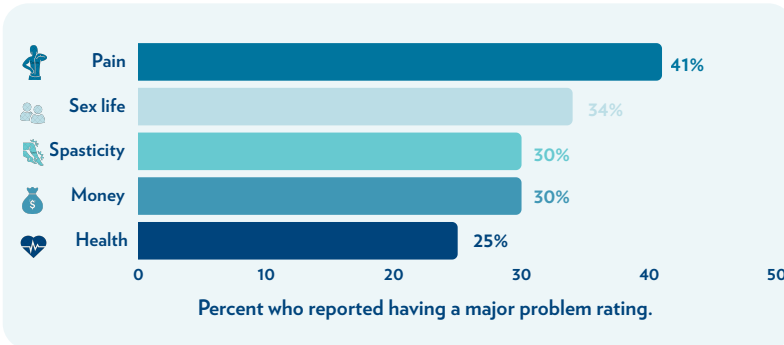
Every Step Matters

These results highlight where life feels strongest and where more support can make the biggest difference. Small steps and strong support systems can help open new doors to a fuller, more satisfying life.



Most Commonly Reported Challenges

Respondents also rated how much of a problem 30 different issues cause them. These were reported most often as a major problem:



Less Common Problems



Alcohol or substance use: 3% called this a major problem



Conflicts with paid attendants or caregivers: only 4%



Negative attitudes from other people: only 6%



What can people aging with SCI do?



Talk to your health care team

Share concerns about pain, spasms, sleeps, fatigue, mood, and sexual health



Resources

[Northwest Regional SCI System](#)



Ask about support services

Learn about rehabilitation, pain management, mental health, peer support, transportation, and social work.



Resources

[Directory of Model Systems](#)
[Christopher & Dana Reeve Foundation](#)



Track symptoms and daily activities

Keep notes so you can notice patterns and discuss them with your care team.



Resources

[The Empowerment Project](#)



Get help right away if needed

Seek prompt help for emotional distress or thoughts of self-harm.



Resources

[988 Lifeline](#)

References

- 1 World Health Organization. (2026). WHOQOL: Measuring quality of life. <https://www.who.int/tools/whoqol>

About This Fact Sheet

This fact sheet was created using data from the Health, Employment, and Longevity Project (HELP) aging 50 database at the Center for Rehabilitation Research in Neurological Conditions (CRRNC). It is supported by the National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR) grant 90DPCP0009. This fact sheet is not meant to replace the advice of your physician or other healthcare provider. You should always consult your physician or healthcare provider before making changes to behavior, treatment, or use of medicine.

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