**Title: Understanding wellbeing among people with long term disabilities**

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Abstract

Wellbeing is an important issue especially for people living with long term disabilities; however, there is a minority of studies that seek to understand the wellbeing of persons living with long term disabilities from their own perspective. Thus the focus of this paper is to address this important gap in knowledge.

This paper first provides some reflections on the conceptualisation of wellbeing from the perspective of people living with long term disabilities. This is followed by a detailed discussion on some of the issues they encounter, as well as what they see as the impediments to their well-being and areas where opportunities to enhance their well-being may lie. As part of this discussion, determinants of wellbeing such as social inclusion and equality of opportunity are examined in detail in order to assess how these may influence the well-being of people with long term disabilities. This paper concludes with key insights for policy and practice.

Keywords : Wellbeing, Disability, social Inclusion and Equality of opportunity