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Nota di contenuto	Front matter -- Contents -- Illustrations and Tables -- Foreword -- Acknowledgments -- Preface -- 1. Mobility Limits -- 2. Who Has Mobility Difficulties -- 3. Sensations of Walking -- 4. Society's Views of Walking -- 5. How People Feel about Their Difficulty Walking -- 6. At Home-with Family and Friends -- 7. Outside Home-at Work and in Communities -- 8. People Talking to Their Physicians -- 9. Physicians Talking to Their Patients -- 10. Physical and Occupational Therapy and Other Approaches -- 11. Ambulation Aids -- 12. Wheeled Mobility -- 13. Who Will Pay? -- 14. What Will Be Paid For? -- 15. Final Thoughts -- Appendix 1. Familiar Interviewees -- Appendix 2. Selected Resources -- Notes -- References -- Index
Sommario/riassunto	Roughly one in ten adult Americans find their walking slowed by progressive chronic conditions like arthritis, back problems, heart and lung diseases, and diabetes. In this passionate and deeply informed book, Lisa I. lezzoni describes the personal experiences of and societal responses to adults whose mobility makes it difficult for them to live as they wish-partly because of physical and emotional conditions and

partly because of persisting societal and environmental barriers. Basing her conclusions on personal experience, a wealth of survey data, and extensive interviews with dozens of people from a wide social spectrum, lezzoni explains who has mobility problems and why; how mobility difficulties affect people's physical comfort, attitudes, daily activities, and relationships with family and friends throughout their communities; strategies for improving mobility; and how the health care system addresses mobility difficulties, providing and financing services and assistive technologies. lezzoni claims that, although strategies exist to improve mobility, many people do not know where to turn for advice. She addresses the need to inform policymakers about areas where changes will better accommodate people with difficulty walking. This straightforward and engaging narrative clearly demonstrates that improving people's ability to move freely and independently will enhance overall health and quality of life, not only for these persons, but also for society as a whole.
