

Special Issue

Enhancing Physical and Mental Well-Being in People with Disabilities

Message from the Guest Editors

Promoting the physical and mental well-being of people with disabilities is an urgent public health priority and a growing area of interdisciplinary research. Individuals with disabilities often encounter substantial barriers to health and wellness, including limited access to healthcare services, inaccessible environments, inadequate provider training, and social determinants that compound health inequities. These challenges can contribute to preventable secondary conditions, increased mental health concerns, reduced quality of life, and decreased community participation. This Special Issue aims to spotlight innovative research and practical approaches that foster holistic well-being among people with disabilities across the lifespan. Enhancing well-being requires more than managing health conditions—it involves empowering individuals through inclusive health promotion strategies, adaptive physical activity programs, integrated mental health support, and person-centered care models that address both physical and psychosocial needs.

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Healthcare is an international, peerreviewed, open access, multidisciplinary journal. Original research articles, short communications, review articles, and symposium highlights are welcomed.

Healthcare hopes to influence global health and disease aspects, and hopes to gain high visibility and acceptance by the scientific and healthcare community and will dedicate itself to covering special and specific topics in special issues.

We would be pleased to welcome you as one of our authors.

Editor-in-Chief

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