

# I am more than my disability



## #AdjustYourThinking

### Myth 6

## Disability isn't a big issue in my work

**FACT:** This is not true. Around 40% of the Scottish population has at least one long-term health condition. One in four adults over 16 years have a long-term illness, health

problems or disability and one in five people of working age is disabled. (Scottish Government, 2019)  
On average, a person's health starts declining from

mid-forties (APS, 2017) and the average age a person becomes disabled is 57-years-old. (Scottish Government, 2018)

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