

Livneh & Antonak's Model of Psychosocial Adaptation to Disability

A stage-based framework that describes how individuals emotionally and psychologically adjust to acquiring a disability or chronic illness. The model is grounded in both grief theory and personality/coping research, emphasizing that adaptation is a dynamic, individualized process influenced by biological, psychological, and environmental factors. **Psychosocial adaptation** is seen not just as emotional recovery, but as a process of accepting the disability, redefining one's self-concept, and achieving a meaningful quality of life despite physical or social limitations.



Additional Notes

- Not everyone goes through all stages, and they may not follow a strict order.
- Some people may cycle back to earlier stages in response to new challenges or life events.
- The model also recognizes the influence of personal factors (e.g., personality, coping skills), social support, and environmental accessibility.

References

- Livneh, H., & Antonak, R. F. (1990). Reactions to disability: An empirical investigation of their nature and structure. *Journal of Applied Rehabilitation Counseling*, 21(4), 3–16.
- Livneh, H. (2021). Psychosocial adaptation to chronic illness and disability: An updated and expanded conceptual framework. *Rehabilitation Psychology*.