



DISABILITY AND BORDERLINE PERSONALITY DISORDER

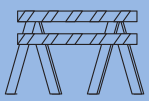
Under the Americans with Disabilities Act of 1990 (ADA), BPD is considered a serious psychological disability that impacts social activities, work, school, and daily living. Main features of BPD include intense and dysregulated emotions, impulsivity, suicidality, identity disturbance, and unstable relationships, which benefit from proper treatments and accommodations.

It is imperative to recognize BPD through a disability perspective to inform health screenings, proper treatment planning, symptom management, and a successful recovery process.



BPD AND DISABILITY COMORBIDITY

- Research shows people with BPD are more likely to have physical health conditions such as diabetes, heart disease, and arthritis and higher rates of chronic pain and physical health symptoms (e.g., fibromyalgia, chronic back pain).
- BPD often co-occurs with neurodevelopmental disabilities and other psychological disorders.
- People with BPD are at an increased risk for chronic diseases and infections associated with harmful substance use and risky sexual behavior.
- While chronic stress and intense emotions can worsen health conditions, stress from comorbid disabilities can also trigger BPD symptoms themselves.



SOCIAL BARRIERS, ACCESSIBILITY, AND ACCOMMODATIONS

- People with BPD may struggle to maintain long-term goals and encounter accessibility barriers in social settings. Appropriate accommodations may increase accessibility and compliment treatment goals by enhancing protective factors, community integration, and establishing relationships and life activities.
- 60% of patients with BPD in one study received Social Security Disability Income at some point.
- Under the ADA, people with BPD qualify for disability accommodations in schools and work.



TREATMENT ACCESSIBILITY

- Treatment is often inaccessible for BPD given the potential co-occurring disabilities and medical conditions, inadequate insurance coverage, and shortage of BPD practitioners. Stigma and ableism may make compassionate treatment and disability services more difficult to access.
- Effective evidence-based treatments, including a combination of long-term individual, group, or intensive outpatient programs, offer a hopeful course for BPD.
- Telehealth and virtual support groups may increase accessibility, especially for disabled people and people who live in rural areas. One study on BPD and telehealth partial hospitalization found it just as effective, safe, and satisfying as in-person options.
- Single case agreements may provide a contract between an insurance company and an out-of-network provider to allow them to be considered “in network” for costs of care.



RESOURCES

For More Information

- [Emotions Matter- Supporting Students With Borderline Personality Disorder - A Guide for Educational Professionals, Parents, and Students](#)
- [Emotions Matter- Utilizing Single Case Agreements To Access Treatment For Borderline Personality Disorder \(BPD\): A Strategy to Support Health Care Consumers and Clinicians](#)

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