

General Aging in Intellectual and Developmental Disabilities

Behavior Related Changes and Aging in Adults with IDD

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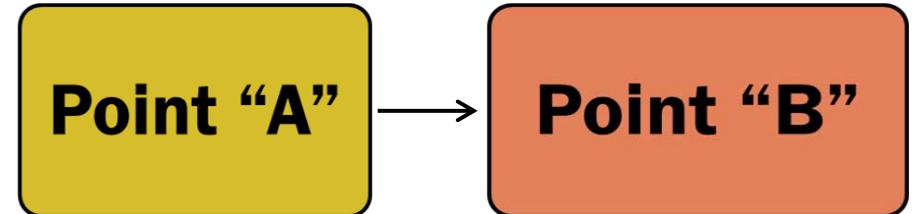
**Massachusetts Dept.
of Developmental
Services (DDS)**

Produced on behalf of DDS by the Center for Developmental Disabilities
Evaluation and Research (CDDER)



So You Notice a Change in Function/Skills...

- ❑ Think: Point A and Point B
- ❑ What specifically is different?



Notice/Observe/Ask

- ❑ When did it start?
- ❑ Is it accompanied by any other changes?
- ❑ Be suspicious of any sudden loss of function or skills. This might indicate an underlying medical or physical cause

This is not normal aging



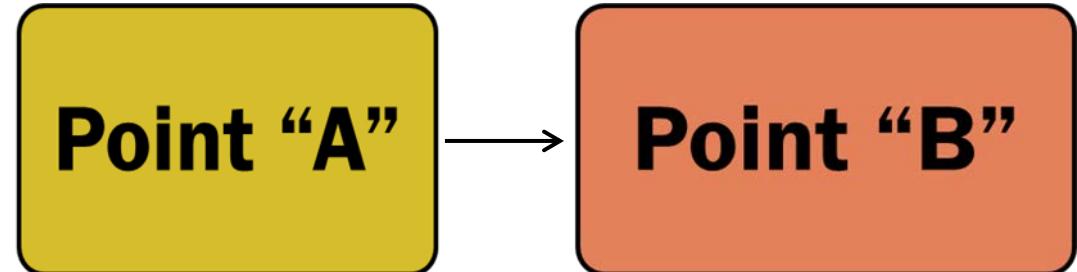
Looking Deeper

- ❑ Does the individual appear ***physically*** unable to perform the task as they did before? Or do they appear ***confused***? Or is it ***both***?
- ❑ What could be contributing to this?
 - ❑ Vision or hearing impairments
 - ❑ Pain or new issues with moving around
 - ❑ Medications
 - ❑ Serious illness
 - ❑ Mood changes
 - ❑ Situational stressors
- ❑ What can be corrected or modified?



So You Notice a Change in Memory...

- ❑ Think: Point A and Point B
- ❑ What specifically is different?



Notice/Observe/Ask

- ❑ When did it start?
- ❑ Is it accompanied by any other changes?
- ❑ Be suspicious of any confusion that seems to start suddenly
This might indicate an underlying medical or physical cause
This is not normal aging



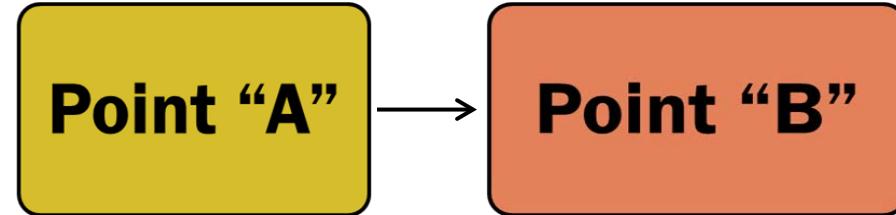
Looking Deeper

- ❑ Think about possible contributing factors, for example:
 - ❑ Vision or hearing impairments
 - ❑ Medications – newly added meds, recently adjusted or discontinued medications
 - ❑ Serious illness – any other physical clues?
 - ❑ Sleep disturbances
 - ❑ Mood changes (depression, anxiety)
 - ❑ Situational stressors (grief, interpersonal conflicts, etc.)
- ❑ What can be corrected or modified?



So You Notice a Change in Behavior...

- ❑ Think: Point A and Point B
- ❑ What specifically is different?
- ❑ Is it new or is it a re-emergence of an old behavior?



Notice/Observe/Ask

- ❑ When did it start?
- ❑ Is it accompanied by any other changes?
- ❑ Did anything else change in the environment or in the individual's life? Any stressor or personal upheaval?
- ❑ Any triggers? Does anything make it better?



Looking Deeper

- Think of behavior as a means of communication
 - What function does this serve?
 - What might the person be trying to tell me?
- Think about possible contributing factors:
 - Pain
 - Medications – newly added, recently adjusted, or discontinued medications
 - Serious illness – any other physical clues?
 - Sleep disturbances
 - Mood changes (depression, anxiety)
 - Situational stressors (grief, interpersonal conflicts)
- What can be corrected or modified?



Additional Webinars on Aging with IDD

General Aging in Intellectual and Developmental Disabilities

- ❑ Understanding Age Related Changes
- ❑ The Role of Polypharmacy
- ❑ Identifying and Assessing Pain
- ❑ Behavior Related Changes and Aging in Adults with IDD
- ❑ Health Promotion and Aging in Adults with IDD
- ❑ Mobility and Aging in Adults with IDD
- ❑ Aging with Down Syndrome
- ❑ Aging and Cerebral Palsy

Dementia and Intellectual and Developmental Disabilities

- ❑ Introduction to Dementia and Aging with IDD
- ❑ Early Evaluation of Dementia and Alzheimer's Disease
- ❑ Stages of Alzheimer's Disease
- ❑ Applying the Knowledge to Dementia Caregiving and Caregiver Support
- ❑ Caregiving in Action: Case Studies and Practical Tips



Additional Aging with IDD Resources

Massachusetts Department of Developmental Services (DDS)
www.mass.gov/eohhs/gov/departments/dds/aging-with-idd.html

Center for Developmental Disabilities Evaluation & Research
http://shriver.umassmed.edu/cdder/aging_idd_education



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