

General Aging in Intellectual and Developmental Disabilities

Mobility and Aging in Adults with IDD

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What is Mobility?

Mobility is:

- ❑ Key to good health, quality of life and independence
- ❑ Ability to
 - ❑ Get where you want to go
 - ❑ Access activities that are meaningful to you
- ❑ Moving your body or specific equipment efficiently and effectively to participate in life



Mobility and Aging

- ❑ Physical changes may impact a person's mobility and functioning
- ❑ Sensory changes and sensory overload
- ❑ Changes in perception, memory and reasoning may also impact mobility
- ❑ Some changes occur earlier in some people with intellectual disability
- ❑ Due to comorbidities of some syndromes associated with IDD, some adults with IDD are prone to osteoporosis, vision and hearing loss, Alzheimer's Disease



Signs of Losing Mobility Function

- ❑ Loss of balance during routine activities
 - ❑ Tripping
 - ❑ Difficulty managing stairs
 - ❑ Dropping items
- ❑ Decreased hand strength
- ❑ Decreased ability to move around when lights are dim
- ❑ Confusion during common and usual activities, such as cooking
- ❑ Coughing, choking, weight loss, wet vocal sounds may be some of the signs of swallowing disorder



Assessing Mobility

- ❑ Assess changes in how a person gets around and completes daily activities
- ❑ Evaluate emotional well-being
- ❑ Specific assessment of muscle tone, muscle strength, motor control and coordination
- ❑ Evaluate vision, hearing, touch, smell and taste; as well as cognition and communication
- ❑ Assessment of chewing and swallowing by speech therapist
- ❑ Get a picture of the whole person's life – how does any factor or combination of factors impact a person's ability to function?



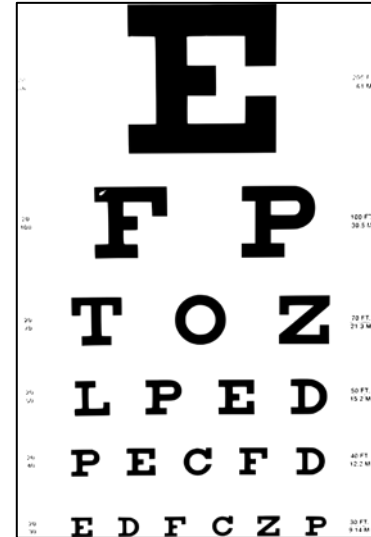
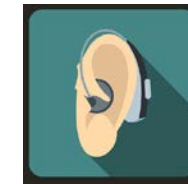
Falls and Fractures

- ❑ Falls in someone who is older can cause serious injury, permanently impair a person's life, and may cause death
- ❑ Causes of falls
 - ❑ Physical, sensory or cognitive changes in the person
 - ❑ Environmental obstacles
 - ❑ Sensory overload from disorganization, loud noises



What Can Impact Mobility?

- ❑ Physical changes in aging impact mobility cardiovascular, decreased flexibility, gait changes, decreased muscle strength and coordination
- ❑ Sensory changes – including vision, hearing and vestibular, sensory overload
- ❑ Cognitive changes – confusion, forgetting how to complete routine tasks, inability to make decisions
- ❑ Some medications can increase risk of falls, dysphagia and other mobility related issues
- ❑ Pain and obesity can impact mobility
- ❑ Oral disease may contribute to dysphagia



Source: Clipartkid.com



Preventing Loss of Mobility Through Exercise

- ❑ Exercise can help prevent and overcome some of the physical changes associated with aging
 - ❑ Walking
 - ❑ Upper body activities
 - ❑ Adapted activities for people who need to remain seated
 - ❑ Yoga
 - ❑ Schedule activities for when the person is most alert



Maintaining Mobility Through Attention to Diet and Medications

- ❑ Good nutrition helps maintain optimal weight, bone health and overall health
- ❑ Adapt or avoid certain foods, as needed to choking and aspiration of food into the airway
 - ❑ See the webinar on dysphagia at:
<http://shriver.umassmed.edu/programs/cdder/webinars/dysphagia-aspiration-and-choking>
- ❑ Evaluate medications for side effects that could impact mobility



Reducing Risk

- ❑ Environmental modifications to reduce risk
 - ❑ Use good lighting
 - ❑ Install physical aids, such as rails or assistive devices (walkers, canes)
 - ❑ Remove clutter or obstacles, especially area rugs, cords, spills, and poorly placed furniture
 - ❑ Modifications in bathrooms
 - ❑ Clear visual aides to help people navigate their environment or complete tasks
 - ❑ Well-fitted shoes and clothing



Source: CDC



Support the Person to Reduce Risk

- ❑ Take time to observe and notice when changes occur and what may be going on
- ❑ Slow things down and observe the reaction to change in pace
- ❑ Break down tasks into manageable chunks
- ❑ Provide visual supports, for example:
 - ❑ Schedules
 - ❑ Instructions
- ❑ Provide options to help maintain a sense of self and control



Take Away on Maintaining Mobility Function

- ❑ Keep active
- ❑ Make this a goal starting now, not later
- ❑ Support participation in activities that promote overall physical, cognitive and emotional well-being



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-id.html

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



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