General Aging in Intellectual and Developmental Disabilities

Behavior Related Changes and Aging in Adults with IDD

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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?
- 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/Observed/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)

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