

Adapting to Age-Related Changes in the Home, Day Program and Community

Promoting good health and quality of life for adults with
IDD who are aging or experiencing dementia



Aging and Intellectual and Developmental Disability

- * Adults with IDD may experience natural aging processes at an earlier age than those in the general population
- * Adaptations help ensure safety and promote full and safe participation across all settings
- * Community partnerships can be important resources that should be fostered



Adapting the Day Program for Aging Adults with IDD



Today's Speakers

Mary Jo Cooper



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Age-Related Changes

- * Age-related changes may affect some people with IDD at an earlier age
- * Accommodations must be made
 - * Physical and environmental modifications
 - * Staffing changes



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Providing a meaningful day



Retirement

- * Individual have the right to and do retire
- * Retirement planned through the ISP process
 - * Planning should be done as early as possible, even years in advance
 - * Consider alternative activities of interest to the person
- * Plan for residential staffing needs



Adapting the Physical Space

- * Modifications similar to those in residence (rails, clutter/physical layout, lighting)
- * Reduce noise (quiet room/sensory room)
- * Visual cues (clearly identify bathrooms, kitchen, etc.)
- * Use safety monitoring – alarms (when necessary)
- * Other safety measures may include smaller groups and more support staff



Adapting Routines

- * Reassess activity schedule
 - * Simplify activities
 - * Establish new activities or routines
 - * Separate space that is quieter or with better lighting
 - * More frequent bathroom breaks
 - * Start the day later, go at a slower pace
- * May need to introduce OT or PT
- * Access interagency aging program activities



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Additional Safety Adaptations for Dementia

Reducing risk for people with Alzheimer's or dementia

- * Visual cues and reminders
- * Increased safety measures to prevent wandering
- * Different activities and space



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Staffing Considerations

- * Ratios increase
- * Training specific to needs of aging population
- * Training specific to dementia
- * Training in EOL and special medical orders



Communicate Across Programs Sites

- * Open communication from residence to day program
- * Make sure all unusual incidents or concerns are shared
- * Make sure all medical orders are transferred and kept up to date



Additional Webinars

Adapting to Age-Related Changes in the Home, Day Program and Community Series:

- * Adapting the Residence for Aging Adults with IDD
- * Adapting the Day Program for Aging Adults with IDD
- * Honoring Cultural Practices and Individual Preferences
- * Community Inclusion and Solutions



Additional Resources

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

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



***Training produced by the
Center for Developmental Disabilities
Evaluation & Research (CDDER)***

on behalf of the

***Massachusetts Department of Developmental
Services (DDS)***

