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





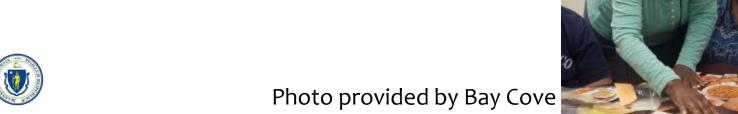
Dottie Farrell





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





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



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





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/





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