

General Aging in Intellectual and Developmental Disabilities

Aging and Cerebral Palsy

Presented by Julie A. Moran, DO

Geriatrician, Aging and Intellectual/Developmental Disabilities Specialist

Consultant, Tewksbury Hospital and Massachusetts Department of Developmental Services

Clinical Instructor of Medicine, Harvard Medical School



Massachusetts Dept.
of Developmental
Services (DDS)

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



Common Conditions in Older Adults with CP

- ❑ Contractures and worsened spasticity
- ❑ Osteoarthritis – excessive joint wear and tear
- ❑ Osteoporosis
- ❑ GERD
- ❑ Neurogenic bowel and bladder
- ❑ Poor dental hygiene
- ❑ Pain



Cerebral Palsy

- ❑ In all of its forms, CP is a lifelong condition that:
- ❑ Affects the communication between the brain and the muscles
- ❑ Causes a permanent state of uncoordinated movement and posturing (spasticity, hypotonia)
- ❑ Likely results from an injury that causes a lack of oxygen to the brain (but often no exact cause can be found)



Secondary Conditions

There are secondary conditions that sometimes develop over time as a result of the CP, for example:

- Soft tissue contractures
- Degenerative arthritis (eventual loss of the cartilage of the joints)
- Hip dysplasia (abnormal formation of the hip socket)
- Foot deformities

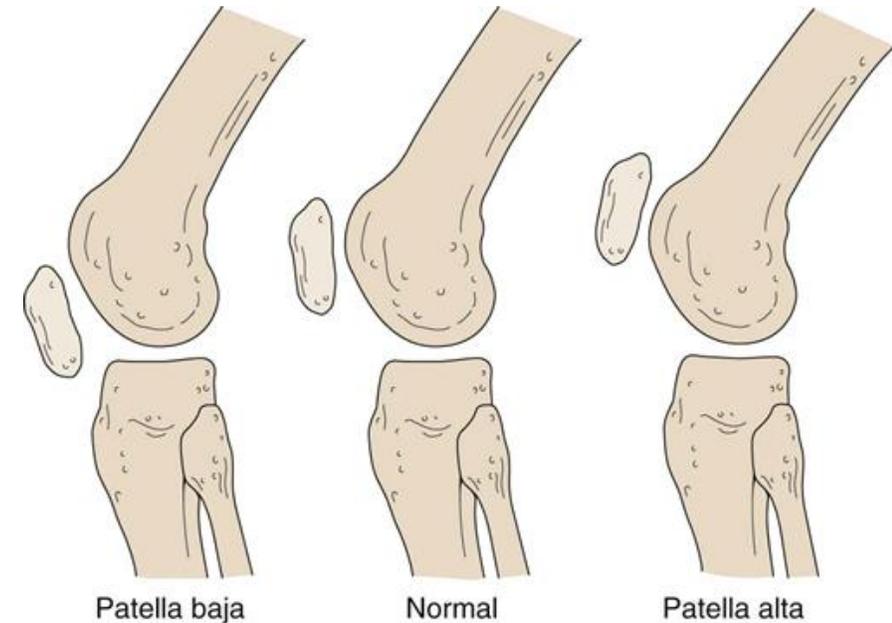


Cerebral Palsy: Sources of Pain

Category	Specific sources of pain
Orthopedic Pain	<ul style="list-style-type: none">• Back• Hips• Lower extremities, foot <p>*consistent sources of pain in nearly every study on pain in adults with CP</p>
Spine pain	<ul style="list-style-type: none">• Scoliosis• Spondylosis• Cervical stenosis
Pain related to low BMD and fracture	Adults with CP are at high risk of osteoporosis, particularly as mobility decreases with age
Dental pain	Lack of availability to preventative dental care leads to poor oral health
GI pain	<ul style="list-style-type: none">• GERD• Constipation

Patella Alta

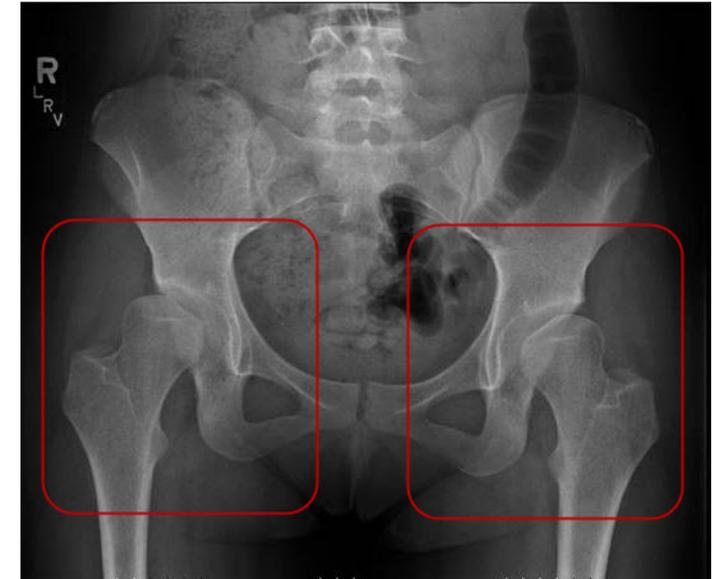
- ❑ “High riding” patella (knee cap)
- ❑ Affects mobility and leg strength
- ❑ Common in walking adults, especially those with spastic diplegia (affecting both legs)
- ❑ May develop from constant overloading of the knee while walking
- ❑ Painful to the touch
- ❑ May lead to stress fractures and dislocations



Source: www.clinicalgate.com/knee-3

Hip Dysplasia and Osteoarthritis

- ❑ Adults with CP are at higher risk of hip displacement
- ❑ Individuals most severely affected by their CP are at highest risk
- ❑ Over time, displacement or other chronic abnormalities in the hip joint can develop into painful premature arthritis leading to a loss of mobility later in life



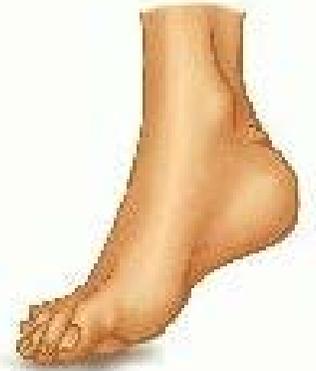
Source: www.hipdysplasia.org

Foot and Ankle Deformities

- ❑ People with CP may also experience foot deformities that get worse over time
- ❑ This makes it difficult to bear weight on the foot and ankles and leads to reduced mobility and pain
- ❑ This may also lead to degenerative joint changes and progressive foot pain



Talipes
equinovarus



Talipes
equinovarus

Source: www.nursing-help.com



Scoliosis

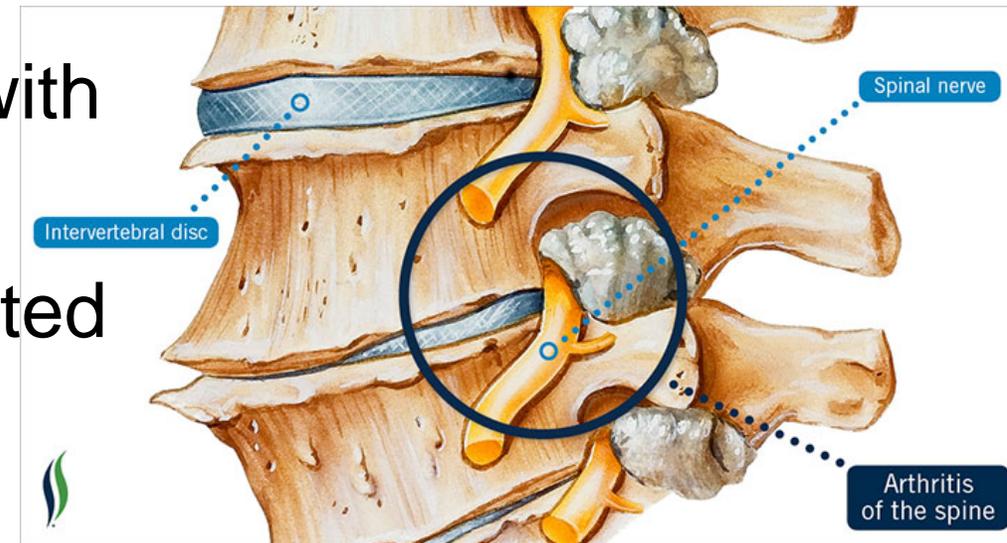
- Present in up to 60% of adults with CP
- More likely in adults who are not able to walk and who have spastic quadriplegia
- Typically experience pain from:
 - Soft tissue strain on the convex side
 - Degenerative changes on the concave side



Source: www.srs.org

Arthritis of the Spine

- ❑ Degenerative/arthritis changes in the spine related to wear and tear
- ❑ Prevalence in weight-bearing adults with CP ranges between 21-30%
- ❑ Causes pain and stiffness in the affected area
- ❑ Can cause nerve root impingement, which leads to pain and weakness



Source: www.laserspineinstitute.com

Cervical Stenosis

- ❑ Narrowing of the spinal canal in the neck
- ❑ Occurs with higher incidence in adults with CP and dystonia
- ❑ Symptoms can include neck pain, gait changes, change in muscle tone, loss of bladder control, weakness



Source: www.knowyourback.org

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



***Training produced by the
Center for Developmental Disabilities
Evaluation & Research (CDDER) on behalf of the
Massachusetts Department of Developmental Services
(DDS)***

cdder@umassmed.edu

