

General Aging in Intellectual and Developmental Disabilities

Aging with an Intellectual and Developmental Disability

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Conditions Commonly Seen in Older Adults with IDD

- ❑ Sensory deficits – i.e.; decreased vision or hearing
- ❑ Dental disease
- ❑ Obesity
- ❑ Constipation
- ❑ GERD
- ❑ Osteoarthritis and other musculoskeletal sources of pain or debility
- ❑ Behavioral/mental health problems
- ❑ Osteoporosis and fractures
- ❑ Pain
- ❑ Polypharmacy (multiple medications)



Health Care Disparities

- ❑ Doctors and other health care providers have little or no formal education on caring for adults with IDD
- ❑ Limited access to primary and specialty care
- ❑ Lower rates of preventative care and recommended screenings
 - ❑ Mammograms
 - ❑ PAP smears
 - ❑ Colonoscopies, etc.



Challenge Unique to Adults with IDD:

- ❑ UNDERdiagnosis
 - ❑ **Failing to recognize changes** or
 - ❑ **Attributing them to the patient's intellectual disability**
- ❑ OVERdiagnosis by either:
 - ❑ **Over-calling the diagnosis** without exploring all other possibilities



Additional Lifespan Considerations for This Current Aging Generation



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- ❑ State institutionalization
- ❑ Early and prolonged exposure to psychoactive medications
- ❑ Lack of formal, expert diagnosis
- ❑ Poor medical record-keeping
- ❑ Lack of longitudinal historians
- ❑ Lack of ongoing family contact
- ❑ Fear of support services



Common Pitfalls...

- ❑ Inadequate “hand-off” to new caregivers
- ❑ Multiple prescribers who don’t communicate with one another
- ❑ Multiple medications and risk of interactions or side effects
- ❑ Making the wrong assumptions:
 - ❑ “Symptoms are due to the underlying disability”
 - ❑ “Changes are part of the normal aging process”
 - ❑ “He/she is just being behavioral”
 - ❑ “Doesn’t everyone with IDD eventually develop dementia?”



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

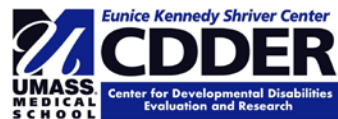
- ❑ Introduction to Dementia and Aging with IDD
- ❑ Early Evaluation of Dementia and Alzheimer's Disease
- ❑ Stages of Alzheimer's Disease
- ❑ Applying the Knowledge to Dementia Caregiving and Caregiver Support
- ❑ Caregiving in Action: Case Studies and Practical Tips



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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