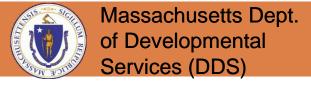
General Aging in Intellectual and Developmental Disabilities

The Role of Polypharmacy

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Polypharmacy

- Medical care gets more complex and possibly more fragmented with age
- Routine review of the medication list is essential!
- As individuals age they take on multiple specialists/prescribers, who may or may not communicate with one another
- To be safe, assume they DON'T
- Reassess regularly is the medication necessary? Do the benefits outweigh the risks? Is there room to simplify?





Medications, Medications....

Look out for:

- Anticholinergic medications (ex: benadryl, bladder medications, etc.)
- Sedating, long acting medications
- Medications that have therapeutic levels that require monitoring
- The prescribing cascade: medication B prescribed to address the side effects of medication A
- Overlapping or conflicting medications occurs frequently when providers don't communicate or if med lists are not carefully updated





Medications, Medications....

- Keep in mind: Nonpharmacologic strategies for behavioral issues are frequently underutilized
- Is there any room to solve/improve this problem without adding another medication?
- Could the best step actually be removal of an offensive medication rather than adding another one?
- Advocate for making only one medication change at a time to allow cleaner assessment of its impact, good or bad





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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