General Aging in Intellectual and Developmental Disabilities

Understanding Age Related Changes

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Produced on behalf of DDS by the Center for Developmental Disabilities Evaluation and Research (CDDER)
“SOMETHING’S DIFFERENT”
Understanding AGING is all about understanding and recognizing CHANGE
Assessing Change Over Time

Point “A”  →  Point “B”
Evaluating Change in Adults with IDD

- History, history, history
- Specific challenges to history taking:
  - Who’s the historian?
  - High staff turnover
  - Lack of longitudinal relationships over the lifespan
  - Medical record keeping is inconsistent
  - Lack of accuracy of underlying IDD diagnosis
General Approach to Assessing Change

- Establish a historic baseline
  - Basic function: self care skills
  - Skills: academic achievements, employment, household chores, talents
  - Memory
  - Behavior
  - Language Abilities
  - Personality
  - Mood
Assessing Change

- Once Point “A” is established (baseline), generate a description of the same domains observed currently.

- Then compare and contrast the differences…
IMPACT OF AGE-RELATED CHANGES
**Function**
- **Baseline**: Independent in all self care
- **Current**: Needs assistance with bathing and dressing

**Skills**
- **Baseline**: Worked competitively, could read, write
- **Current**: Work is declining, considering transfer to day hab

**Memory**
- **Baseline**: Excellent memory for names, birthdays, phone numbers
- **Current**: Forgetful of daily schedule, unable to learn new names of staff
Behavior: Occasional acting out when didn’t get what he wanted; Aggressive at times of self care, attempting to hit staff.

Language: Very good expressive and receptive skills; Word finding difficulties, speaks in phrases.

Personality: Charming, loves people, loves social activities; Less outgoing, prefers to spend time in his room.

Mood: Generally happy, upbeat, easygoing; Moody, more quick to anger.
THE ELEPHANT METAPHOR OF REALITY

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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)

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