



Massachusetts Department of
Developmental Services (DDS)



Massachusetts Councils
on Aging (MCOA)



Center for Developmental Disabilities
Evaluation and Research

AN OVERVIEW OF IDD & DEMENTIA IN MASSACHUSETTS

Individuals with intellectual and developmental disability (IDD) are living longer than in the past. Nationally, the population of individuals with IDD older than 60 is expected to increase 1.2 million by 2030.¹ As in the general population, the number of individuals with some form of dementia will also increase. Individuals with IDD are not at increased risk of developing dementia, except for those with Down syndrome (DS), who face increased risk of developing Alzheimer's disease. The age of onset for individuals with DS is 50-55, which is younger than in the general population. In Massachusetts about 6% of the population served by DDS has dementia.

DDS is committed to Person Centered Planning and Community Inclusion principles that drive service delivery for all individuals including adults with dementia.

This means provision of services and supports that:

- Are intensive, relevant, competence building and sustaining.
- Promote individual dignity and self determination.
- Are the least restrictive most typical settings possible.
- Are in integrated settings in the community.
- Use generic services whenever possible.



Fortunately, in Massachusetts there are a number of resources that are available for information and assistance. **The first place to start is with your Service Coordinator and Area Office Nurse.** Listed at right are Massachusetts resources to help you access information and other assistance.

TAKE ACTION:

If someone you support is diagnosed with dementia, start by contacting your **Service Coordinator**, who is the point person for information, assistance, and referrals. Click on this link [Area Office Listings](#) to find the Area Office that will assist in locating the Service Coordinator. The [Family Support Center](#) is also a great source. You can also call Massachusetts DDS directly.

[MA Department of Developmental Services](#)

Phone: **617.727.5608** | TTY **617.727.9842**

Other agencies that can provide assistance are:

[Mass Executive Office of Elder Affairs \(EOEA\)](#) Phone: **617.727.7750** Toll free: **800.243.4636**

If you're seeking services for a senior with IDD another good resource within EOEA is [MassOptions 844.422.6277](#)

[Massachusetts Councils On Aging](#)

Phone: **413.527.6425**

The links below are two programs within MCOA.

- [Senior Center Information](#)
- [Dementia Friendly Massachusetts](#)

[Mass/NH Chapter Alzheimer's Association](#)

Phone: **800.272.8900**

[Dementia Friends Massachusetts](#) is

a program of Jewish Family & Child Services. For more information, click on the link or call them at **781.693.5628**

[National Task Group on Intellectual Disabilities and Dementia Practices](#)

a coalition that advocates for services and supports for people with IDD and Alzheimers disease and related dementias.

Finally, DDS, in partnership with the CDDER at Eunice Kennedy Shriver Center/University of Massachusetts Medical School has developed a series of webinars on [Aging with Intellectual and Developmental Disability](#). Their [webinar on Aging and Disability Resource Consortia](#) has helpful information on a "no-wrong door" approach to seeking services.

¹ Heller, T. et al (2010). Impact: Feature Issue on Aging and People with Intellectual and Developmental Disabilities, 23(1). University of Minnesota, Institute on Community Integration