

# Healthy Aging for Persons with Developmental Disabilities

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# Aging

- There are between 600,000 and 1.6 million people with developmental disabilities that are over the age of 60.
- By the year 2030 that number will rise to more than 2 million.

# Extended Life Expectancy

- Average age at death is 66 years
- Individuals with I/DD have similar life expectancy as compared to the general population unless:
  - Cerebral Palsy
  - Down Syndrome
  - Multiple Disabilities
  - Cognitive impairment is severe

# Obstacles to Optimum Health

- Access to care
- Lack of health insurance
- Health care providers attitudes
- Lack of education/training of healthcare providers
- Difficulty communicating
- Difficulty cooperating with examinations
- Physical capacities/mental capacities

# Down Syndrome

- Alzheimer disease
- Menopause
- New onset of seizures
- Increased incidence of sleep apnea
- Early onset of visual and hearing loss
- Obesity
- Increased risk of heart disease

# Cerebral Palsy

- Decreased muscle tone
- Increase of fractures
- Increased dysphagia
- Increased pain threshold
- Increased incidence of constipation/bowel obstruction
- Increased nutritional needs
- Breathing problems

# Prader – Willi Syndrome

- Increase in cardiovascular disease
- Increase in diabetes
- Low hormone levels
- Hypogonadism

# Fragile X Syndrome

- Increased rate of heart problems
- Increased rate of musculoskeletal disorders
- Early menopause
- Increased visual impairments
- Increased rate of epilepsy
- Increased risk of osteoporosis



# Seizure Disorders

- Increased risk of seizure frequency
- Effects of long term use of antiepileptics
- Increased risk of osteoporosis
- Increased risk of fractures

# Dementia

- Decreased brain function
- Decreased memory
- Increase in confusion
- Difficulty with ADL's
- Increased sleep disorders
- Decreased appetite
- Weight loss

# Behavioral Issues

- Medication side effects
- Medical problems – anemia, high blood pressure
- Metabolic problems – diabetes, thyroid dysfunction
- Hearing or vision problems

# Common Problems

- Cardiovascular Disease (27%)
- Obesity
- Osteoporosis (3.5X)
- Aspiration Pneumonia
- Hypertension (36%)
- Diabetes (10%)
- Visual Impairment (70%)
- Thyroid Abnormalities (45.5%)

# Healthy Aging

- Adults with I/DD account for only 17% of the total US population but they account for 47% of medical expenditures

# What Can We Do?

- Life Style Changes
  - Exercise
  - Proper diet
  - Weight Control
  - Screenings
- Housing
  - Group Homes
  - With Parents
  - ICF's
  - ALF's
  - Alone

# What Can We Do?

- Retirement
- Futures Planning
  - Residential
  - Legal - Guardianship
  - Financial
  - Respite

# Aging Service Programs

- Senior Centers
- Home-delivered Meals
- Homemaker services
- Case coordination