THE AGING PROCESS AND THE SPECIAL NEEDS OF THE ELDERLY
I. Statement of Purpose

To provide an overview of the aging process and the needs of individuals with developmental disabilities who are aging; and to provide information about ways to support these individuals so that they retain their independence for as long as possible. The Aging Process and the Special Needs of the Elderly training will enable staff to:

- Demonstrate an understanding of the terms “aging” and “retirement” and different types of programs and supports for individuals who are aging.

- Identify specialized and generic community resources available to individuals with developmental disabilities who are aging.

- Become familiar with the importance of prevention activities that are designed to prevent or to delay the onset of disease or illness or the occurrence of injury.

- Learn common functional changes for individuals with developmental disabilities who are aging.

- Demonstrate an understanding of normal physiological changes that occur during the aging process.

- Identify signs and symptoms of dementia and identify ways to support individuals with dementia.

- Learn ways to adapt and/or modify the environment to help seniors with developmental disabilities maintain their independence.

II. Timeframe: 4 Hours

III. Methodology:

A variety of methodologies may be used to teach this material:

1. Lecture
2. Active discussion
3. Small group exercises
4. Demonstration
5. Case Studies
6. Videotapes
IV. Outcomes/Competencies

A. Staff will
   1. Demonstrate an understanding of the terms “aging” and “retirement” and different types of programs and supports for individuals who are aging and
   2. Identify specialized and generic community resources available to individuals with developmental disabilities who are aging.
      1. Demographics of the general population who are aging
      2. Define aging/retirement
      3. Daytime and housing options for seniors with developmental disabilities
      4. Aging in place
      5. “Early Bird Specials” and senior discounts
      6. Transportation
      7. Housing services
      8. Guardianship issues

B. Staff will become familiar with the importance of prevention activities that are designed to prevent or to delay the onset of disease or illness or the occurrence of injury.
   1. Recommended medical screenings
   2. Immunizations
   3. Environmental safety
   4. Oral care/dental hygiene
   5. Physical fitness and exercise
   6. Medication issues
C. Staff will learn common functional changes for individuals with developmental disabilities who are aging, factors that may cause changes, and ways to improve performance of or assist with activities of daily living.

1. Changes in eating patterns
2. Nutrition
3. Oral hygiene
4. Dressing and bathing
5. Continence
6. Ambulation

D. Staff will demonstrate an understanding of normal physiological changes that occur during the aging process, become familiar with routine screening procedures and common illnesses in the older individual, and identify abnormal signs and symptoms.

1. Common medical conditions
2. Changes related to aging
3. Specific concerns for individuals with developmental disabilities
4. Staff considerations regarding:
   - Visual and hearing impairments
   - Endocrine system
   - Gastrointestinal system
   - Urinary system
   - Respiratory system
   - Integumentary system
   - Circulatory system
   - Musculoskeletal system
E. Staff will identify signs and symptoms of dementia and identify ways to support individuals with dementia.

1. Recognizing signs and symptoms of dementia
2. Strategies to prevent or redirect behavior
3. Down’s Syndrome and dementia

F. Staff will learn ways to adapt and/or modify the environment to help seniors with developmental disabilities maintain their independence.

1. Adapting the environment
2. Accommodations for visual changes
3. Types of adaptive equipment
4. Creating a supportive environment
Resources for The Aging Process and the Special Needs of the Elderly

Training

Resources for IV. A.


Factor, A. & Preston, L. Guidelines for Promoting Choices and Options in the Community for Older Adults with Developmental Disabilities. Rehabilitation Research and Training Center On Aging with Mental Retardation, University of Illinois at Chicago. 1997

GGEAR, University of MD at Baltimore, & The Arc of Frederick/Service Coordination, compilers. Changes and Choices: A Directory of Aging Resources for Families and Service Providers Supporting People Who Are Aging and Have a Developmental Disability. 1998.

Resources for IV. B.


Resources for IV. C.


Resources for IV. D.


Resources for IV. E.


MID Developmental Disabilities Administration. Personal Care Training Course. 1995


Resources for IV. F.

Alzheimer’s Disease Research Center. “Home Safety for the Alzheimer ‘s Patient” University of California. 1994


General Resources


Suggested Group Exercise for The Aging Process and Special Needs of the Elderly

Discuss a case study and answer the following:

1. Whom would you think might compose this individual’s team?

2. What areas of concern might this team have to consider for appropriate planning for this individual?

3. If any, what assessment referrals do you think might help in planning for this individual?

4. What environmental modifications may have to be considered for appropriate planning for this individual?

5. What additional areas might be helpful to discuss?
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POST TEST

Name: ________________________________ Date: __________________________

1. What are 3 age-related concerns of adults with developmental disabilities and their families?

2. Name 5 generic senior activities in which people can participate.

3. What does “age in place” mean?

4. What is the caregiver’s role in day to day preventive care?
   a. making changes to the environment to promote safety
   b. encouraging proper fitness and diet
   c. encouraging good dental hygiene
   d. all of the above

5. List 4 strategies that you can use to help older people maintain good physical health as they age.

6. Identify 1 strategy in each category to assist an older person perform an activity of daily living:
   a. eating
   b. oral hygiene
   c. dressing and bathing
   d. continence e. ambulation
7. Name 5 diseases/conditions that are common in the older people.

8. Name 3 conditions that are always considered a health emergency.

9. What is the care giver’s role in helping a person cope with sensory changes?
   a. making changes to the environment
   b. changing how you interact with the person
   c. making appointments for evaluations when sensory changes are observed
   d. all of the above

10. What 3 symptoms are usually associated with dementia?

11. Name 3 ways to assist/support a person with dementia.

12. List 3 ways to modify a home to make it a safer environment for an individual.

13. Name 2 ways to create a supportive environment.

Score/Comments:
______________________________________________________________________________
______________________________________________________________________________
Instructor: _____________ Date: _____________