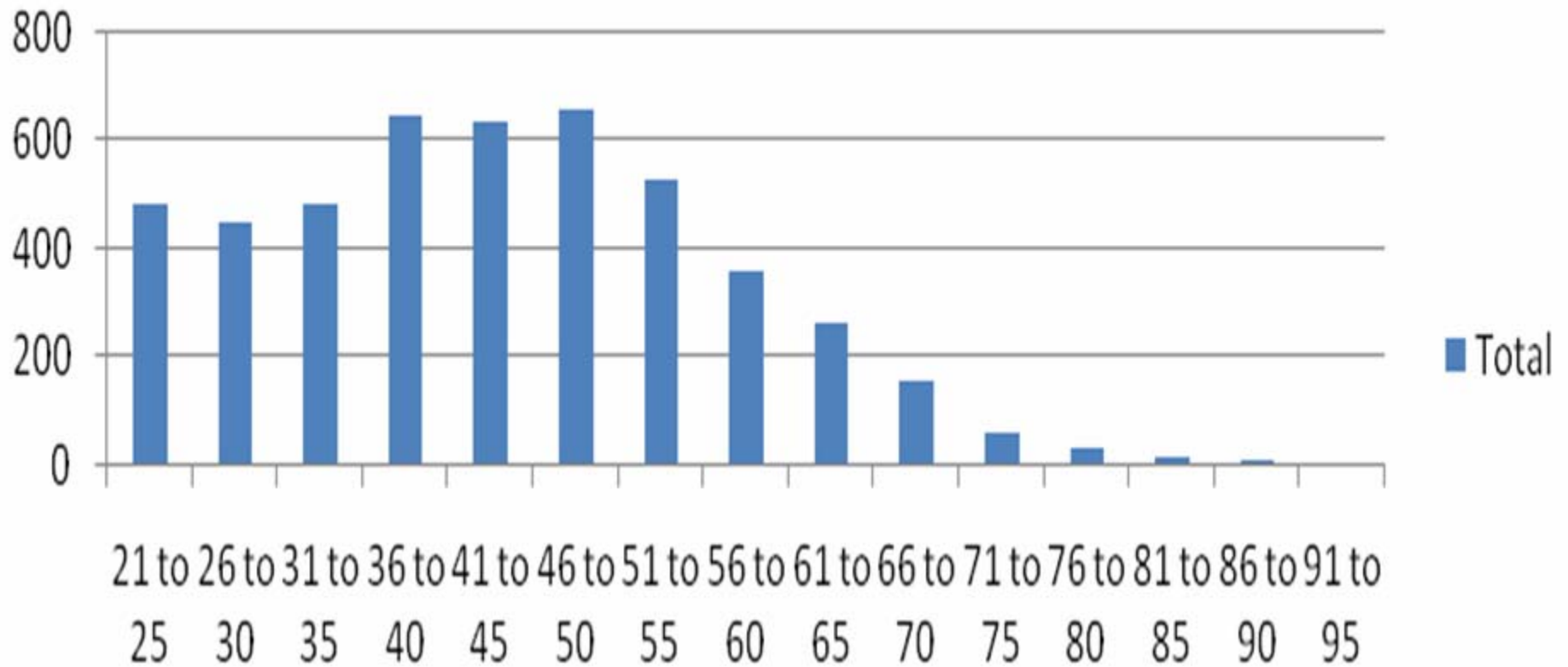


Beware distant elephants!



**People with intellectual disabilities growing
up
and growing older**

Age Range of Adults in IDEA Services



IDEA snapshot

- **Now ... 29% of our adult service users are over the age of 50,**
- **In 5 years... 43.5% 2,070**
- **In 10 years... 57% 2,713**

Overview

- People with ID now live long enough to grow old – emerging knowledge
- General population assumptions don't always apply (e.g. “young” old)
 - Service preparedness low (ageing in place)
 - Policy preparedness low (own home?)
 - Intersectoral alignment is low (MSD/disability/mental health/aged care)

Policy, Service and Cross-sector issues

Providers stance sorted out first on:

- ageing in place
- retirement and “vocational “ support
- the limits to your capacity for intensive care/nursing, end-stage care.
- Quality of life for “younger old” people in aged residential care is uniformly poor.
- Build linkages with geriatric assessment and rehabilitation teams.
- Go to Aged provider sector only for high care needs not on the basis of principles of normalisation.

(Chris Bigby, Australia)

Older people and their families

- Loss of key family anchors... And sources of information?
- Siblings are an untapped opportunity for family contribution to lobbying and community development.
- Learning is life-long. We need to actively engage with people with i.d. who are ageing to participate in their own future planning.

Is the mainstream ready to engage?

Clinical Issues - Dementia

- *Need better awareness of early signs of dementia and Alzheimers*
- *Dementia does present differently in ID population, so we need to assist specialists in geriatric assessment to have this information. Better screening?*
- *almost all people with DS by age 30 have the brain changes indicative of Alzheimers, but not all develop it clinically. They don't yet know why.*
- *40% people with DS have symptoms by 50*
- *The more severe the intellectual disability, the increased risk of Alzheimers.*

Andre Strydom (UK), Tony Holland (UK) and Marian Maaskant (Netherlands) -
epidemiology, neurobiology

Clinical Issues - Health

- Higher incidence of age-related health problems (diabetes, heart)
- Frailty measures becoming more refined
- Age-related decline may be for many reasons (depression, thyroid, loss-related stress, sensory impairment)

Jenny Torr (Oz), Phil Davidson (USA), Barbara Brehmer (Austria)

What role for us?

- Forge new alliances?
- Get your facts right?
- Build bridges across the silos?