


How Best To Support Adults With Intellectual And Developmental Disabilities (IDD) Who Are Frail: An International Consensus Statement




THE EVIDENCE BASE MUST BE GROWN

Since the study of frailty and IDD is relatively new, the body of literature is small and limited in scope.



PLANNING FOR THE FUTURE IS IMPORTANT

It is important for identified pre-frail or frail persons to begin advanced care planning as early as possible.



INFORMAL AND FORMAL CARE-GIVERS HAVE NEEDS

Carers should receive the knowledge, skills, and assistance needed to support the individual.




INTERSECTORAL COLLABORATION IS NEEDED

Frailty is complex. Collaboration across health and social sectors is needed to support the person.



SAFETY IS A PRIORITY

A comprehensive risk assessment is needed to ensure the person is safe and feels secure.



FRAILITY MUST BE CONSIDERED EARLIER

Frailty should be monitored in all adults with IDD beginning at 40 years of age.



IMPROVEMENT & MAINTENANCE ARE VIABLE GOALS

Planning must take into account both the risk of future decline and the opportunity for improvement.

PERSON-CENTRED APPROACH

Any action taken to address pre-frailty and frailty status must be done within a person-centered context that privileges and respects the autonomy of the person to make choices about his/her care.

AGING IN PLACE

Decline in health or life changes should not mean leaving your home. Use of home-based health services, environmental accommodations, prevention, and supportive tech can help keep people at home.

