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Massachusetts Innovative Action to Support those Aging with an Intellectual or Developmental Disability (IDD)

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Et al.

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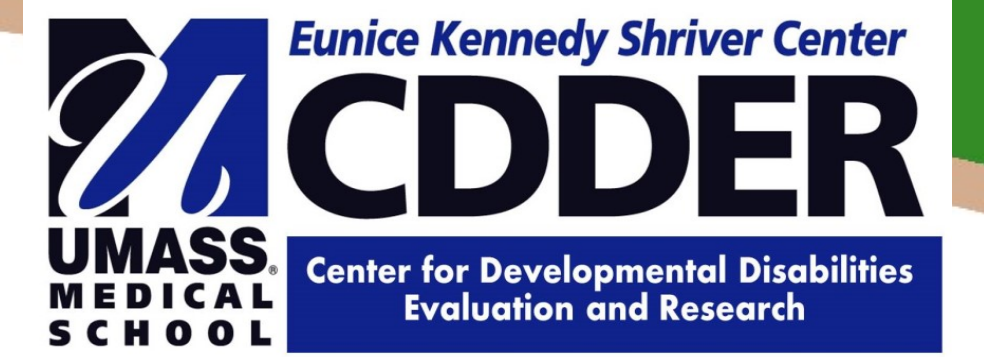
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Massachusetts Innovative Action to Support those Aging with an Intellectual or Developmental Disability (IDD)

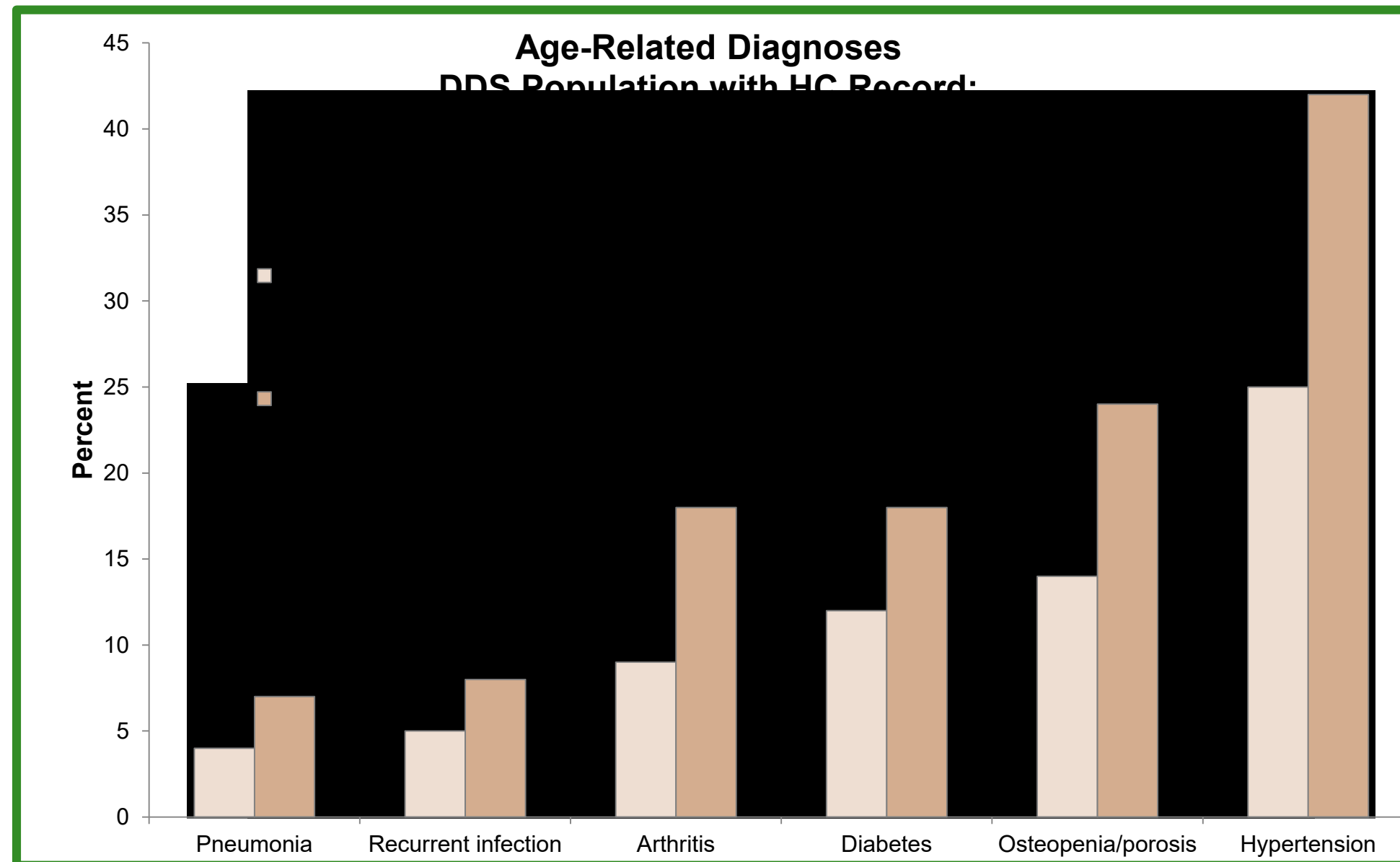


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Background

People with IDD may experience complex age-related issues, including dementia-related disorders, at earlier ages than the general population. To address changing needs, the Massachusetts Department of Developmental Services (DDS) formed a multidisciplinary workgroup of disability and aging-related public and private agency partners. The workgroup explored key areas of age-related needs, including end of life care and services; screenings for onset of age-associated changes and conditions; and innovative models and resources to support aging in community settings.

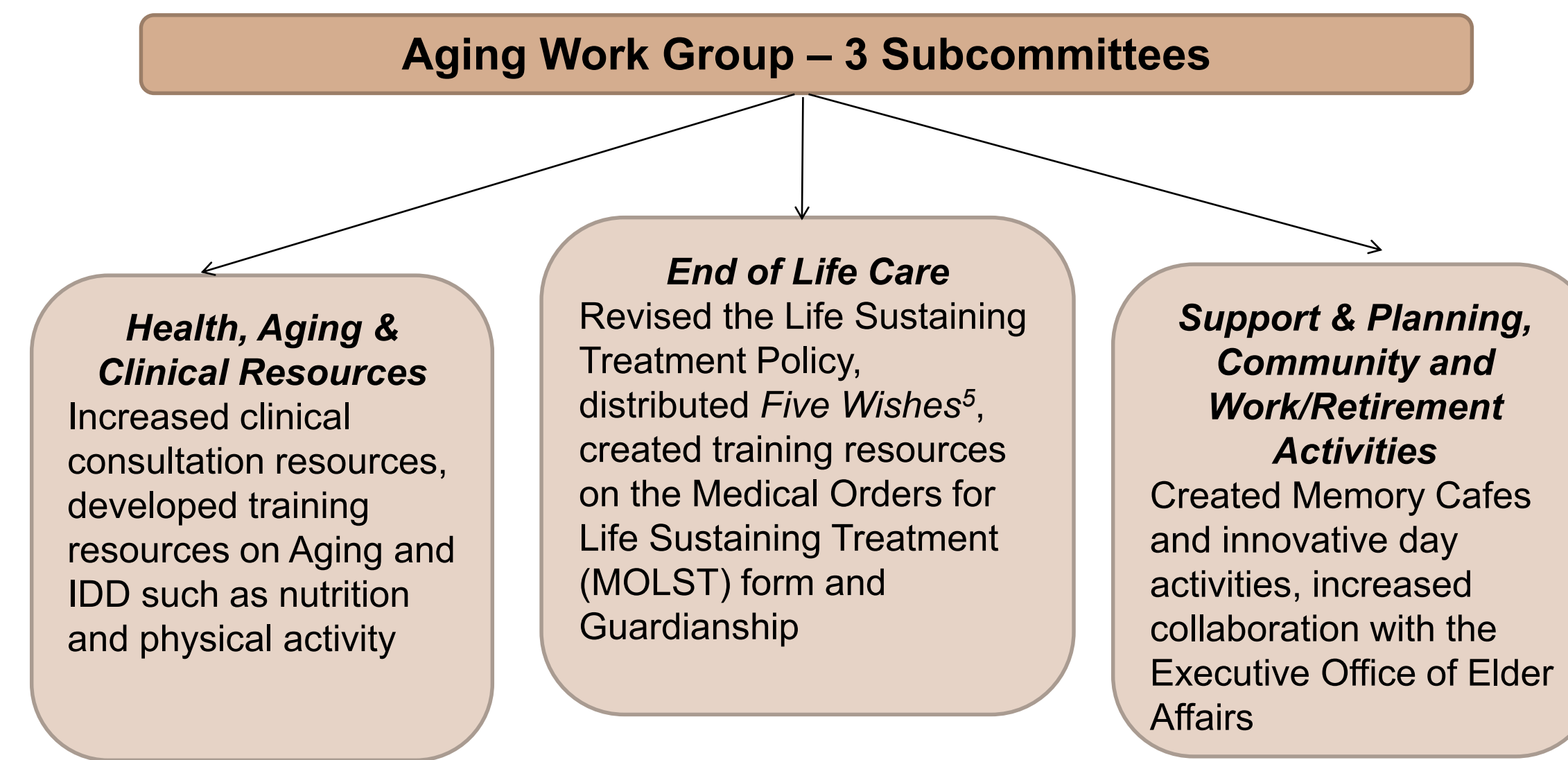
Nationally, the number of adults with IDD aged 60 and older is projected to double to 1.2 million people by 2030³. In Massachusetts, 1 out of every 4 people served by DDS is aged 55 or older⁴.



An examination of DDS health care records for adults aged 55 and older show these adults are more likely to experience hypertension, osteopenia/porosis, diabetes, arthritis, infection, and pneumonia.

Framework to Identify Promising Practices

Brainstorming identified the need for more data and recognition that initiatives must be person-centered. The workgroup also focused on identifying funding sources, existing successful programs, strategies in adapting current environments, and methods to target guidelines and advocacy trainings to families, guardians, and providers.



Resources for Multiple Audiences

DDS Resources:

- Access to expanded clinical consultations
 - Life Sustaining Treatment Policy
- <http://www.mass.gov/eohhs/gov/departments/dds/aging-with-id.html>

Webinars:

 Includes accessible videos, handouts, and other resources:

- General Aging with IDD
 - Aging with IDD and Dementia
 - End of Life
 - Five Wishes
 - Launching a Memory Cafe
 - Aging and Disability Resource Consortia
- http://shriver.umassmed.edu/cdder/aging_idd_education

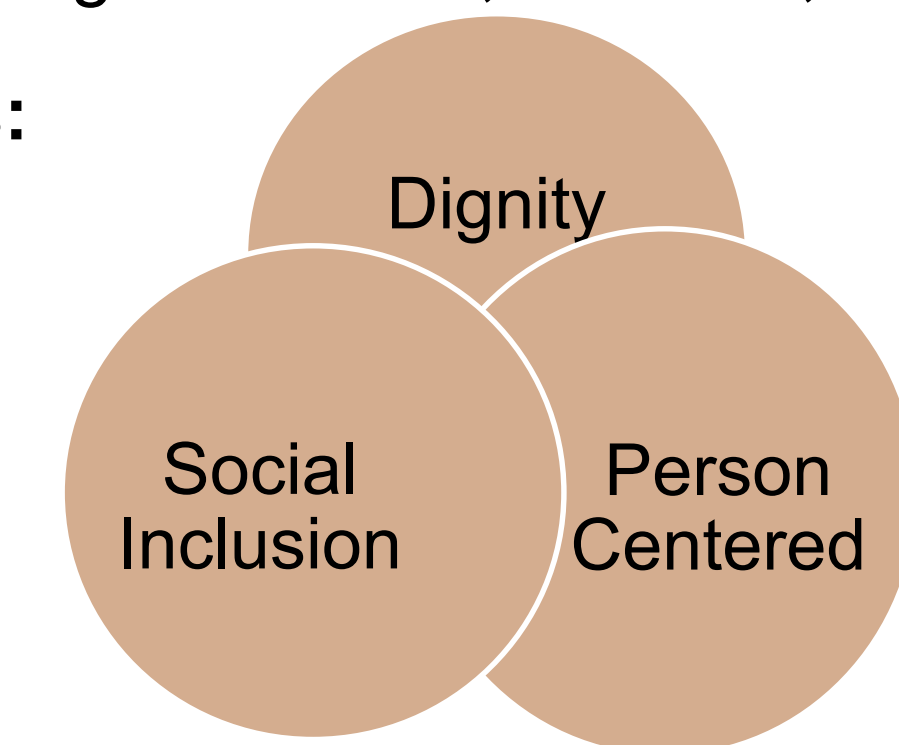
Promising Practices

Inclusive Memory Cafes: Memory Cafes are meetings where people with dementia and care partners join together to enjoy a variety of activities. In 2016, DDS funded 13 organizations to pilot Cafes that include people with and without IDD and their care partners. Feedback from the inclusive cafes has been positive.



Innovative Day Programs: As people with IDD age, they may want to retire or do something different with their days. DDS funded a pilot for innovative alternatives to traditional day, work or community-based activities. Cooperative for Human Services (CHS) is implementing a program that includes activities in shorter time increments than a traditional day program and a mobile “pop-up” approach. Technology will also play a role with CHS using iPads, Nintendo Wii and Facetime for multi-generational interactions, staying connected, exercise, and entertainment.

Common Goals:



End of Life Planning: DDS updated its Life Sustaining Treatment Policy to clarify DDS principles on Informed Choice, Goals of Care, Dignity and Comfort, Hospice and Life Sustaining Technology use, Do Not Resuscitate Orders and other topics relevant to end of life care. In addition, the 5 *Wishes*⁵ document, along with a webinar training focused on how to discuss end of life care, were issued.

¹Massachusetts Department of Developmental Services; ² Center for Developmental Disabilities Evaluation and Research, Shriver Center, UMass Medical School. Contact: christine.clifford@umassmed.edu; ³Heller, T. et al (2010). *Impact: Feature Issue on Aging and People with Intellectual and Developmental Disabilities*, 23(1). U. of Minnesota, Institute on Community Integration; ⁴ Massachusetts Department of Developmental Services 2014 Mortality Report (published 2017), Prepared by the Center for Developmental Disabilities Evaluation and Research (CDDER); ⁵<https://www.agingwithdignity.org/>