



Ashtavakra Institute of Rehabilitation Sciences & Research
Formerly Special Art School

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ASHTAVAKRA JOURNAL CLUB
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Topic- Working with Adults with Developmental Disabilities

Author- Huff, Charlotte, Volume 52, No. 8

Name of the Journal- Working with Adults with Developmental Disabilities

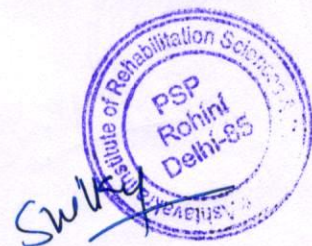
ABSTRACT

Objective- To work out the activities of daily living for people with developmental disabilities.

Methods- Brainstorming Strategies, regular exercises, opportunities to interact with others, smart watch.

Results- Got back to their normal life, preferences of calling themselves on the basis of person-first language, for eg, 'an adult with ID'.


Conclusion- Intellectual Development Disorder is one of the most challenging disorders that are dealt with by any age group suffering from it. The fact that people even communicate with these kinds of people becomes a major obstacle or hurdle in resolving their conflicts. Some of the countries such as the US, are short with psychologists who don't have much experience working with adults who are Intellectually Disabled. But many of those want to be in contact with the patients, even if they think that the sessions would be less in number. Lisa Neitzke, an "assistant professor in the Department of Psychology at the University of Nebraska Medical Center", said by referring to the therapy that when the psychologists know how to work out the therapy to the client, they have an added advantage of "refining the art of the therapy."



There is much possibility that adults would be having some type of intellectual disability in their adulthood according to a "recent analysis of federal data ". Along with this, there can be a comorbidity of some behavioural issues and the adults with Intellectual Disability, will "meet the criteria for at least one mental health condition". But the major challenge comes when the person behaves in an asymptomatic manner which the psychologists need to persevere to find the correct treatment. The psychologists need to find many useful techniques to deal with the behavioural problems, such as using some devices to alert them about a particular exercise. However, dealing with adults who have IDD, is a much later stage. First, as a mental health professional, it is a very important responsibility of them to look forward to the client, if they really want their client to perform as an improved individual. We need to treat them as any other individual and only then as a person with a disability. This would be the first step towards making a normal environment for that individual. Other than that, quantitative and qualitative communication amounts to a much larger scenario by providing them with the opportunity to explore oneself and tell the difference of opinion as well as behaviour which they previously had, when other people didn't talk to them much. Given the fact that Intellectual Disability cannot be cured. It can only be managed. But in order to manage the difficulties, therapies make a great impact on the client as it becomes a great source of opportunity to sublimate the energy towards some vocational work, so that the social and behavioural problems don't arise. But one needs to keep in mind that it is not the client's interest that makes the improvement, but it is also the kind of work that needs to be carried out.

Keywords- Communication, opportunities, normal, behavioural issues/problems, therapy.

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