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



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.



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.



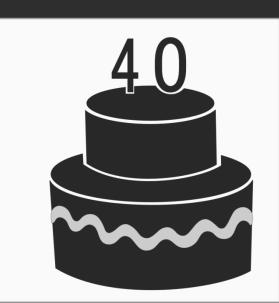
INFORMAL AND
FORMAL CAREGIVERS HAVE
NEEDS

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.



FRAILTY MUST BE
CONSIDERED
EARLIER

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



SAFETY IS A PRIORITY

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



IMPROVEMENT & MAINTENANCE ARE VIABLE GOALS

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



PERSON-CENTRED APPROAC

Any action taken to address prefrailty 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.

