

ID and co-occurring conditions

Intellectual disability (ID) can have a number of co-occurring conditions associated with it. Some of the significant ones are as follows:

- **Epilepsy**
- **Febrile seizures**
- **Visual deficits**
- **Hearing loss**
- **Sleeping disturbances**
- **Cerebral Palsy (CP)**
- **Autism Spectrum Disorder (ASD)**
- **Attention Deficit Hyperactivity Disorder (ADHD)**

How can you prevent ID?

It is not always possible to avoid ID as the causes are sometimes undefined. However, it is advisable to follow a healthy diet and lifestyle during pregnancy in order to reduce the possibility of your baby developing disabilities. Thus, **prenatal care and early childhood health care are two very important aspects to keep in mind.**

Ask for help and support



Do what is best for your child

- ✓ Learn, think and plan how to help your child
- ✓ Involve the entire family
- ✓ Engage the child in fun activities
- ✓ Communicate and interact with your child to the maximum extent



Remember to take care of yourself in the process

- ✓ Do not ignore your other children
- ✓ Engage in regular physical activities and relaxation for your well-being
- ✓ Do not forget to interact and spend time with your spouse and other family members



Help give back to your community

- ✓ Join a peer support group near you
- ✓ Share your experience with other parents
- ✓ Educate your community and dispel myths about ID



Is there a cure for ID?

There is no cure for ID but with the right support—psychological, educational, and social—individuals with ID can develop important skills, enhance their independence, and improve their overall quality of life. Every child has the potential to learn and grow with the right support systems in place.



March is the Developmental Disabilities Month.

- With early intervention, support from family members and educators, individuals with ID are thriving and leading successful lives.
- Do not let a diagnosis get in the way of happiness and well-being of that individual.



QUACK WATCH

REMEMBER,

There are many people who may try to take advantage of families by claiming to have a "cure" for ID. Be cautious of such claims, as ID is not something that needs to be cured but rather supported with the right interventions.

Your child's well-being is the priority. Stay informed, seek evidence-based support, and trust professionals who provide guidance rooted in research.

Informed and empowered parents provide effective care for their children.



Call us at

+91 84484 48996



www.nayi-disha.org



Feel free to write to us with your suggestions or queries, at

contactus@nayi-disha.org



@nayidisharesourcecentre

Intellectual disability (ID) Factsheet

What is Intellectual Disability (ID)?

Intellectual disability (ID) is a neurodevelopmental condition that begins during childhood, typically between the ages of 5-18. It affects both learning and adaptive skills in areas such as problem-solving, social interactions, and daily life activities. The diagnosis is based on a comprehensive clinical assessment, including standardized evaluations of cognitive and practical skills.

Levels of ID (the levels depend on the support needed for intellectual functioning and daily life activities)



Mild



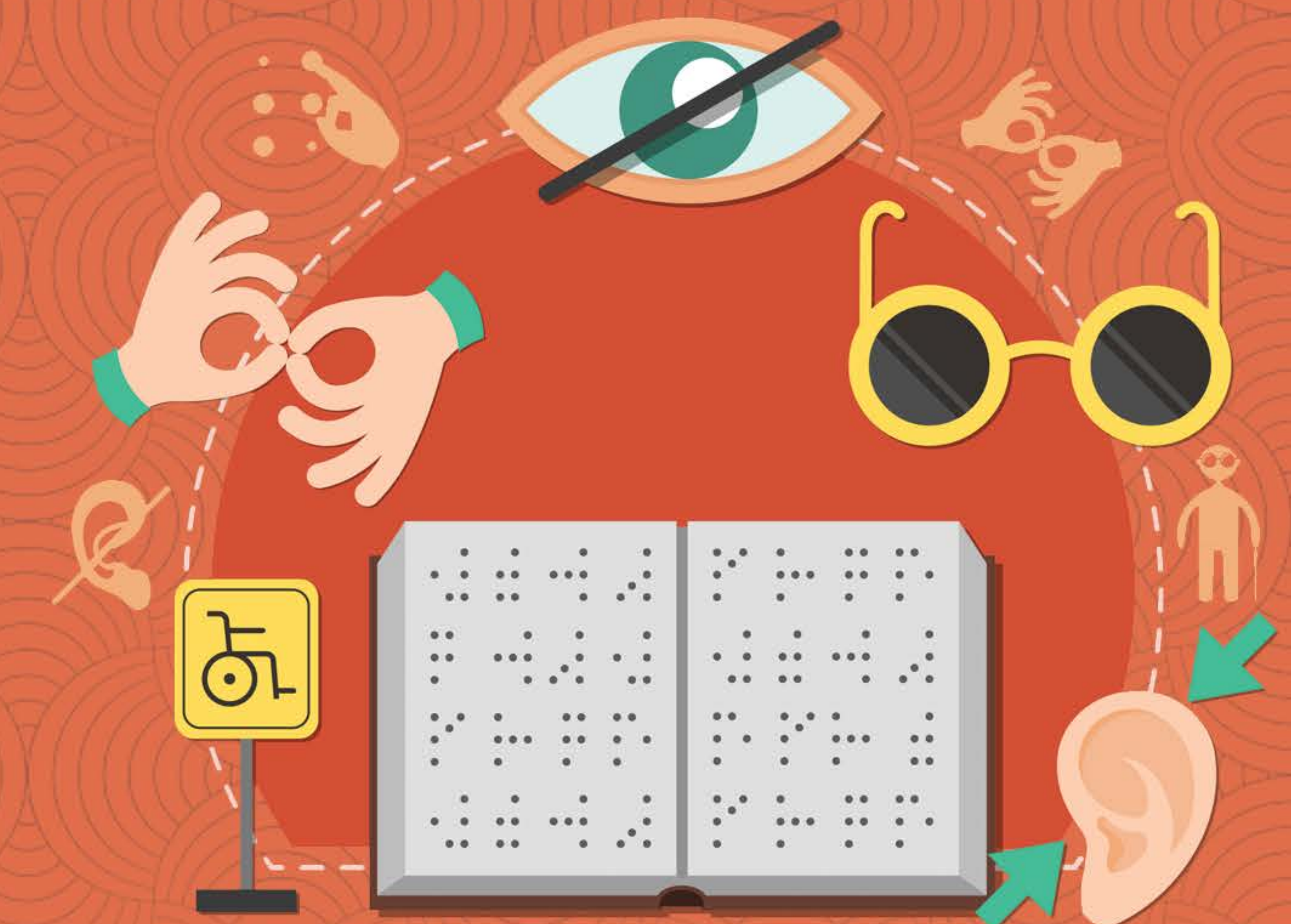
Moderate



Severe



Profound



Areas affected by ID:

Cognitive ability: Challenges in thinking, problem-solving, decision-making, and learning new concepts. Awareness of surroundings may be limited.



Adaptive skills: Difficulty managing daily activities like self-care, money management, and independent living tasks.



Motor skills: Delays in fine motor abilities, such as holding a pencil, using utensils, dressing, or opening a bottle.



Communication: Difficulty understanding and following instructions, expressing thoughts, or grasping nuances like jokes and indirect language.



Social, emotional and behavioral skills: Challenges in interacting with peers and adults, adjusting to social situations, and responding appropriately.



Causes of ID

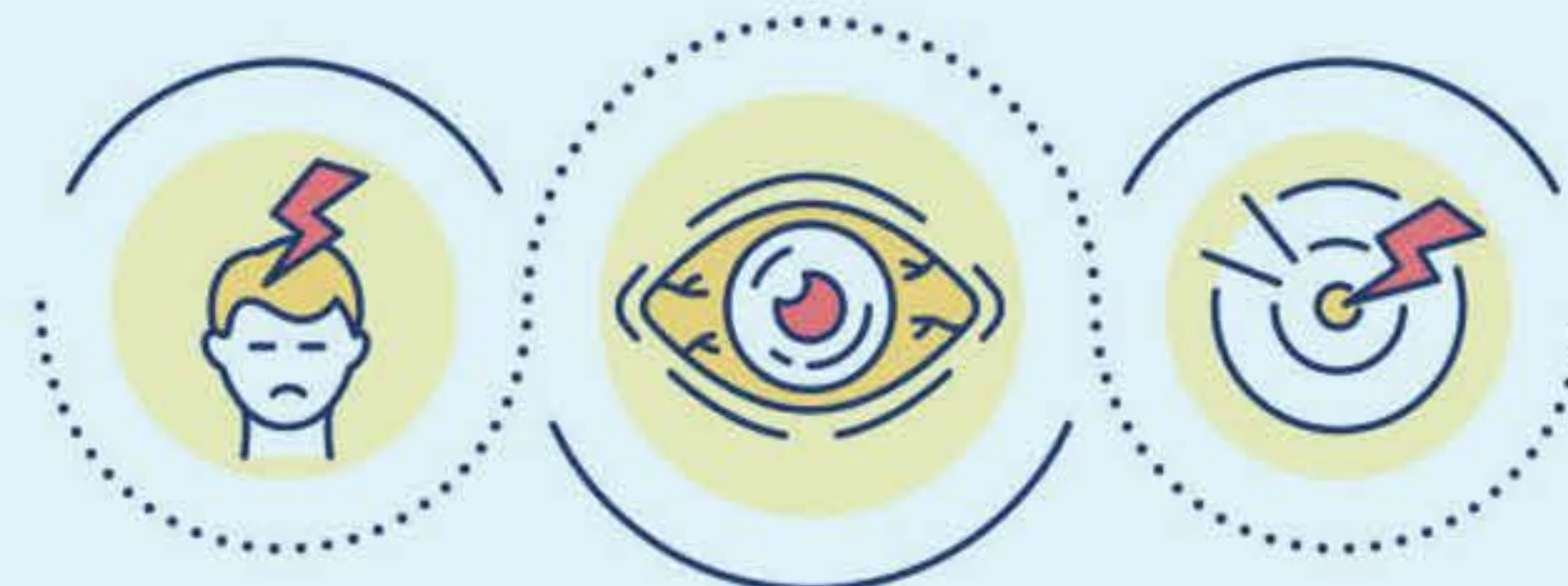
It is not always possible to pinpoint a cause for ID as a variety of things can contribute to it. Factors that may contribute to the condition can occur before a child is born, during the birth process, and after birth.

These could include:

- Prematurity
- Genetic or hereditary conditions like Down syndrome
- Metabolic disorders like phenylketonuria (PKU)
- Trauma to the brain, such as shaken baby syndrome
- Severe psychosocial trauma, such as post-traumatic stress disorder
- Exposure to certain toxic substances like prenatal alcohol exposure or lead poisoning
- Some very serious infections
- Deprivation of food or environment

Early signs and symptoms of ID

Every child is different and shows different signs of developmental delays. Parents know their children the most and are generally the first identifier of the delay in their child's development.



Some early indicators of ID include:

- Motor delays – Difficulty with movements like walking, holding a spoon, or grasping objects.
- Speech and comprehension delays – Trouble with language development, understanding instructions, or forming sentences.
- Missed milestones – Struggles with tasks like brushing teeth, dressing, or undressing independently.

For a more detailed understanding of developmental milestones, consult a healthcare professional.

In some cases, a child diagnosed with ID may experience its effects throughout their childhood and adulthood.

How is ID diagnosed?

A child is best judged by its parents. The preliminary development delays, which include the basic motor skills, cognitive skills, speech and language, and social and emotional skills, are noticed by the family from a very small age of the child.

He/She is then taken to the **pediatrician** who then refers to more specific professionals for further diagnosis.

During the process of receiving a diagnosis a child may have to go through a broad range of assessment including:

- Vision and Hearing tests
- Speech and language assessment
- Developmental Screening Tests
- IQ assessment
- Behaviour tests
- Activities of daily living assessment
- Blood tests
- Genetic and chromosomal tests
- MRI
- Neurological test



Whom to approach

Usually, a child is first taken to a specialist, **developmental pediatrician**, after noticing basic developmental delays by the family. The pediatrician can further refer the child to the following professionals:

- Audiologist
- Occupational therapist
- Physiotherapist
- Clinical Psychologist
- Social worker
- Special education teacher
- Speech pathologist



Therapies or Services required for children with ID

Different children need different kinds of treatment based on their needs and delays. Here are some of the most common forms of support and treatment:

- **Physical Therapy:** This is required in developing the gross motor skills of the child, like crawling, walking, running, jumping etc. Physical therapy sessions like stretching exercises, guided play, strengthening activities, ball play skills, coordination skills etc. can help the child with the basic physical movements.
- **Occupational Therapy:** Occupational therapy can help with the betterment of the fine motor skills, sensory processing issues and self-care skills.
- **Speech and Language Therapy:** It helps the child to understand language and learn to make sounds necessary for effective communication.
- **Early Childhood Special Education:** This helps with the early developmental skills like playing with others, playing games like building blocks etc.
- **Behavioral Therapy:** This is not always needed for children who have Global Development Delay but may be required in case the child is having difficulty understanding socially appropriate behaviors or show challenging behaviors like aggression.
- **Medical Health checkups:** to identify and treat any medical or dental health issues.

In some cases, a child diagnosed with ID will have the effects of the condition throughout his/her juvenile and adult life.

