



Intellectual Disability: A Parent's Guide



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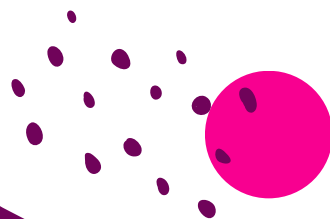
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What is Intellectual Disability?

Intellectual Disability (ID), also known as Intellectual Developmental Disorder (IDD), is a condition characterised by limitations in cognitive functioning and adaptive behaviour.





Different Levels of Intellectual Disability:

There are several different levels of Intellectual Disabilities, including:

Mild ID: Individuals may have delays in various areas of learning, social, and practical skills. Individuals will require some support although they can generally learn and develop practical skills.

Moderate ID: Individuals with moderate ID will be behind their peers with learning, social, and practical skills, where they will require ongoing assistance to complete daily tasks.

Severe ID: Individuals with severe ID will have significant difficulties attaining skills associated with learning, communication, social and daily activities, requiring substantial supports.

Profound ID: This is the most severe form, involving profound limitations in intellectual and adaptive functioning, often requiring intensive care and support due to limited individual participation.



Checklist for Parents: Characteristics of Intellectual Disability

- ✓ Delayed language development
- ✓ Difficulty in learning new skills or concepts
- ✓ Challenges in social interactions and forming friendships
- ✓ Limited problem-solving abilities
- ✓ Struggles with memory and attention
- ✓ Difficulty in performing daily tasks independently
- ✓ Slower learning pace



Diagnosing Intellectual Disability:

Intellectual Disability is typically diagnosed through a comprehensive assessment, including medical history, developmental history, and standardised tests of intellectual and adaptive functioning. Professionals such as Paediatricians and Psychologists are involved in the diagnosis.



Steps to Take if You Suspect Your Child has Intellectual Disability

1. Consult with your child's Paediatrician to express your concerns.

2. Seek a referral to a developmental specialist or Psychologist for a thorough assessment.

3. Begin early intervention services if recommended.



Strategies to Support a Child with Intellectual Disability

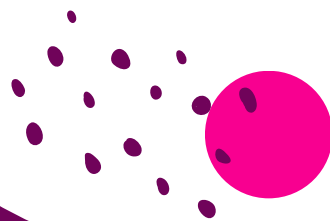
- Early intervention programs.
- Individualised Education Plan (IEP) for school support.
- Speech therapy, Occupational Therapy, Psychology, Music Therapy, Art Therapy.
- Behaviour intervention strategies.
- Social skills training.
- Sensory integration therapy.
- Parent support groups.
- Assistive technology devices.
- Encourage hobbies and interests.
- Establish a consistent routine.



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- Promote physical activity and healthy eating.
 - Foster a supportive and understanding home environment.
 - Use visual aids and structured schedules.
 - Teach self-help skills.
 - Encourage independence where possible.
 - Provide positive reinforcement and praise.
 - Monitor and manage sensory sensitivities.
 - Collaborate with teachers and therapists.
 - Advocate for your child's needs in educational settings.
 - Stay informed and updated on available resources and therapies.



Remember that each child with Intellectual Disability is unique, and their needs may vary. Working closely with professionals and providing a loving and supportive environment can make a significant difference in their development and overall well-being. Please reach out to Inspire Allied Health and Education Group to find out how we can support your child and family.





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