



Ask us about our CARF Accredited Programs and Services!

Intellectual and Developmental Disabilities (IDD)

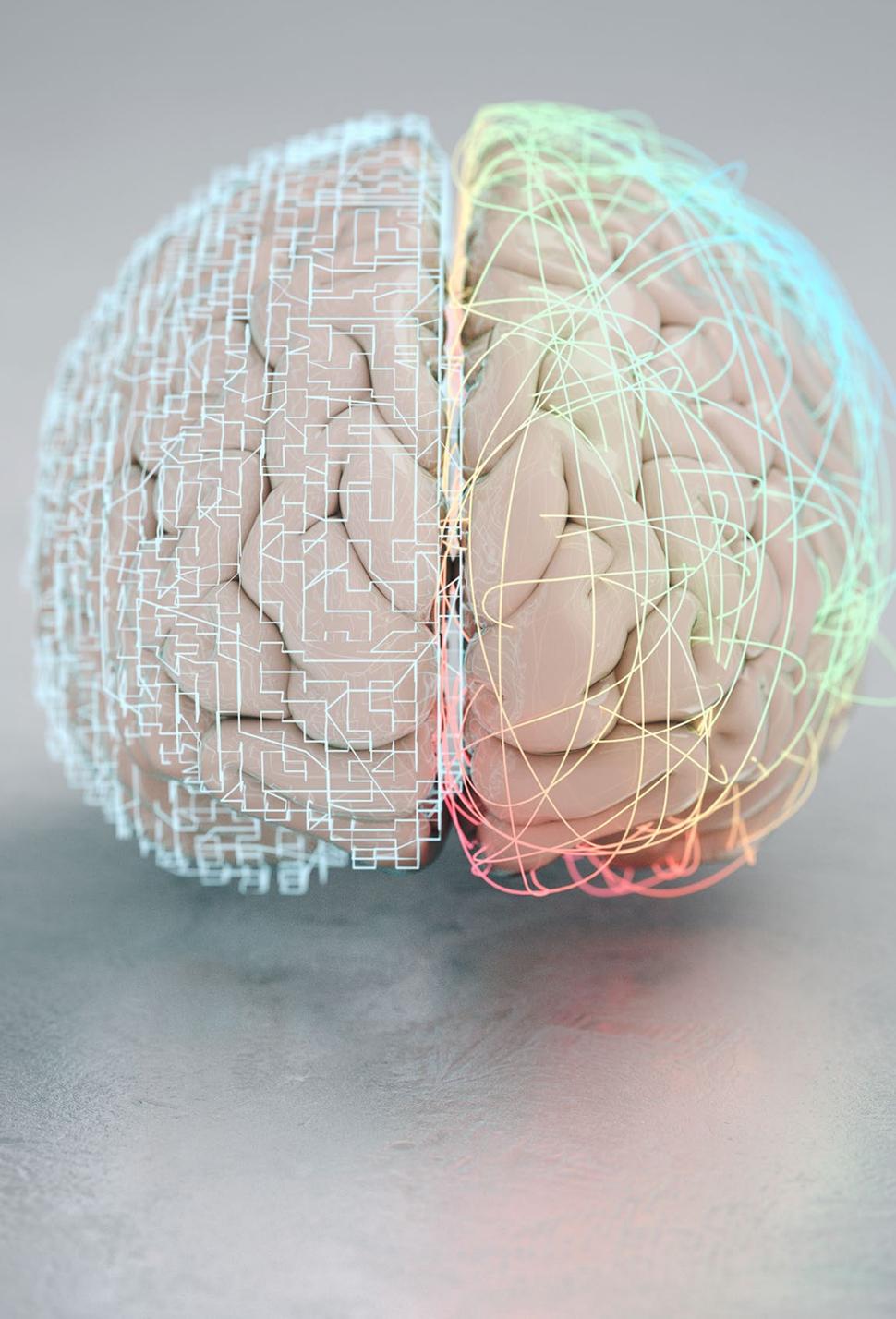
What is IDD?

- Intellectual and developmental disabilities (IDD) are differences that are usually present at birth and that uniquely affect the individual's physical, intellectual, and/or emotional development.
- An intellectual disability starts any time before a child turns 18 and is characterized by limitations in intellectual functioning and difficulties in a variety of everyday social and practical skills such as self-care, language and mobility.
- Developmental disabilities are a broader category of permanent and often lifelong challenges that can be intellectual, physical, or both.

What is IDD?

- The term IDD covers a broad range of disorders and syndromes, many of which are misunderstood by the general public.
- To be determined eligible for IDD services, there must be evidence of the onset of the disability before the age of 18, with a likely impact on lifelong functioning.
- Although there may be some limitations, we must focus on the ABILITIES of each person.





What Causes IDD?

IDDs can occur for various reasons, including:

- **Infections** - present at birth or occurring after birth
- **Chromosomal abnormalities** - such as Down syndrome
- **Environmental** - such as lead and mercury and illnesses such as rubella and syphilis
- **Metabolic** - such as hyperbilirubinemia (high bilirubin levels in babies)
- **Nutritional** - such as malnutrition during the gestation period or after birth
- **Toxicity** - intrauterine exposure to alcohol, cocaine, amphetamines and other drugs
- **Trauma** - before or after birth

Indicators of IDD

A person may be suspected of having an IDD if the following indicators are present:

- Lack of or slow development of motor skills, language skills, and self-help skills, especially when compared to peers.

- Failure to grow intellectually or continued infantile behavior.
- Lack of curiosity.
- Problems keeping up in school.

- Failure to adapt or adjust to new situations.
- Difficulty understanding and following social rules.

Signs of Intellectual disability can range from mild to severe.

Examples of Developmental Disabilities

There is an entire spectrum of developmental disabilities and each one can range from mild to severe. Examples include:

Autism - a range of conditions characterized by challenges with social skills, repetitive behaviors, speech/non-verbal communication, various behaviors and unique strengths and differences. Spectrum reflects the wide variation of each person with autism.

Behavior Disorders - a pattern of disruptive behaviors that cause problems at home, school, work and social situations.

Brain Injury - when a bump, blow, jolt or other head injury causes damage to the brain. The damage causes the destruction or deterioration of brain cells. This can cause cognitive, behavioral and physical problems.

Cerebral Palsy - caused by brain damage that develops while the baby is in utero or shortly after birth. May affect movement, motor skills and muscle tone. May affect a person's ability to move and maintain balance or posture.

Down syndrome - is a genetic disorder caused by a full or partial extra copy of chromosome 21. It is associated with physical growth delays, characteristic facial features and mild to moderate developmental and intellectual disability.

Fetal Alcohol Syndrome - babies exposed to alcohol in the womb. There is no set amount that is known to cause damage to a fetus. Alcohol exposure can lead to physical, behavioral and learning problems. Characterized by low birth weight and small head size, may have heart, bone and kidney problems. Vision and hearing problems are common; they may have seizures and other neurological problems such as poor balance and coordination; delayed development; behavioral problems such as hyperactivity, poor attention and concentration, stubbornness, impulsivity and anxiety. Poor social skills and problems with reading and math.

Intellectual Disability - formerly known as mental retardation.

Spina bifida - a birth defect that occurs when the spine and spinal cord do not form properly and affects the brain, spine and spinal cord.

What do People with Disabilities Want?

It's simple. People with developmental disabilities want the same basic things out of life:



A safe and comfortable place to live.



Something meaningful to do during the day such as work or volunteer to give back to the community.



Close friends to do fun things with.



A support system to help out in difficult times.

“We want to be able to make as many decisions as we can about our life and our self.”

IDD Services Offered at Bluebonnet Trails



- Determination of Intellectual Disability Assessment
- Service Coordination
- Respite
- Crisis Respite
- Crisis Intervention Specialist Services
- Outpatient Behavioral Health Service for Persons with IDD (OBI)
- Behavior Support (behavior therapy, short-term counseling)
- Enrichment Centers (Day Habilitation)
- Employment Assistance
- Supported Employment
- Community Supports (individual skills training)

Accessing IDD Services

For families seeking access to services, Bluebonnet Trails Community Services offers a centralized call center assisting with questions, appointments, and navigating through local options for healthcare.

To speak with an informed specialist Monday – Friday from
7:30 am to 5:30 pm, please call:

844-309-6385



Questions?