


Aging and Alzheimer's Disease in Adults with Down Syndrome

Adult Down Syndrome Center

November 10, 2020

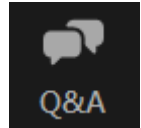
Resource Library: adscresources.advocatehealth.com

 Advocate Health Care

We are  AdvocateAuroraHealth

Reminders

- This webinar is being recorded.
 - Available within two weeks in our Resource Library and on Facebook.
 - <https://adsresources.advocatehealth.com>
 - www.facebook.com/adultdownsyndromecenter
- Q&A
 - Please submit questions using the Q&A option.



Disclaimer

This information is provided for educational purposes only and is not intended to serve as a substitute for a medical, psychiatric, mental health or behavioral evaluation, diagnosis or treatment plan by a qualified professional.

Adult Down Syndrome Center

Park Ridge, IL



Our mission is to enhance the well-being of people with Down syndrome who are 12 and older by using a team approach to provide comprehensive, holistic, community-based health care services.

Adult Down Syndrome Center

Park Ridge, IL



Online Resource Library

- Contains videos, articles, and booklets on a variety of topics, including aging and Alzheimer's disease.
- Resources are continually being updated.

The screenshot shows the website for the Advocate Medical Group Adult Down Syndrome Center. At the top, there is a navigation bar with the center's name and logo, a search bar, and a menu icon. Below this is a yellow banner for "COVID-19 Resources" with a sub-header and a brief description. The main content area is titled "Adult Down Syndrome Center | Resource Library" and features three large image-based buttons: "For People with Down Syndrome" (with a photo of a young woman), "For Families & Caregivers" (with a photo of a family), and "For Health Care Professionals" (with a photo of a healthcare professional). At the bottom, there is a row of five icons with corresponding text: "Events, Classes & Programs" (with a bell icon and a link to "See the Schedule"), "Video Gallery" (with a film strip icon and a link to "View All"), "Related Organizations" (with a sun icon and a link to "See Listing of Links"), "Projects" (with a book icon and a link to "See Our Latest Projects"), and "News" (with a document icon and a link to "View News Articles").

adsresources.advocatehealth.com


Resource Library - adsresources.advocatehealth.com


Advocate Medical Group
Adult Down Syndrome Center


I'm looking for... MENU

COVID-19 Resources
Visit the COVID-19 section of our Resource Library for articles, resource lists, and videos related to the COVID-19 pandemic.

Adult Down Syndrome Center | Resource Library

 For People with Down Syndrome

 For Families & Caregivers

 For Health Care Professionals

1. Select an audience

The screenshot shows the Advocate Medical Group website. The header includes the logo, navigation links (Contact, FAQ, News), a search bar, and a menu icon. A secondary navigation bar contains links for Resources, Media Gallery, Events, Classes & Programs, Related Organizations, Projects, and About the Center. The main content area shows a breadcrumb trail: Home > Resources > Families and Caregivers. Below this is a 'Navigate' section with a link to 'Review our COVID-19 Resources'. A search bar labeled 'Search Within' is present. The results are displayed on 'Page 1 of 10', showing 1-24 of 220 items. A 'Sort By' dropdown is set to 'Title (A to Z)'. A search result is visible with a thumbnail of a document titled '"Self-Talk" in Adults with Down Syndrome' and a brief description of the article's content and author information.

2. Scroll to the Narrow Results section

This close-up shows the 'Narrow Results' section. It features a 'Search Within' search bar with a magnifying glass icon. Below the search bar is a 'Topic' section with a list of categories, each with an unchecked checkbox and a count in parentheses:

- Aging (14)
- Alzheimer's Disease and Dementia (20)
- Anesthesiology (1)
- Autism Spectrum Disorder (1)
- Cancer (4)

3. Use the checkboxes to select a topic or the search bar to find resources on a topic



Brian Chicoine, MD



Katie Frank, PhD, OTR/L

Agenda

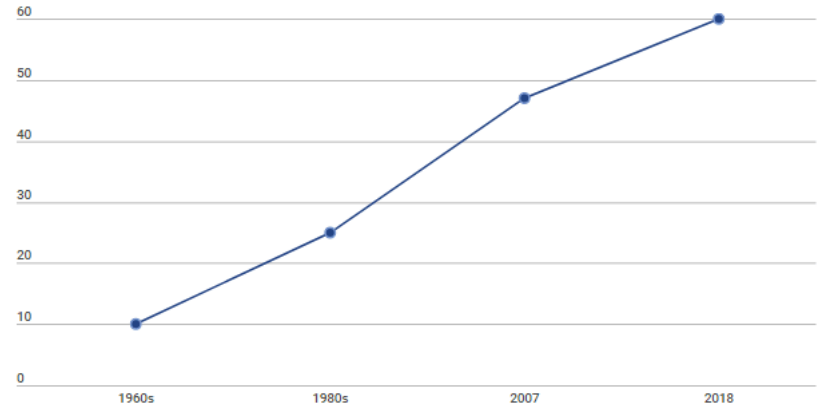
- Describe healthy aging and challenges associated with aging
- Provide an overview of Alzheimer's disease
- Discuss management of aging issues and Alzheimer's disease
- Share lessons learned from families and caregivers
- Describe resources to learn more and get support

Aging

We are **AdvocateAuroraHealth™**

Today, people with Down syndrome are living *longer* and *healthier* than any other time in the past.

- Life expectancy
 - 1907: 9 years
 - 1984: 28 years
 - Today: 60 years



Source: [Centers for Disease Control and Prevention](#) and [Global Down Syndrome Foundation](#)
Graphic by Amanda Fahey and Hailey Mensik/Cronkite News

Healthy aging



Health screening

- Healthcare guidelines for adults with Down syndrome
- Cancer screening?
 - Colonoscopies, mammograms

GLOBAL MEDICAL CARE GUIDELINES for Adults with Down Syndrome Checklist



This checklist is intended to support the health of adults with Down syndrome directly or through their caregivers. We encourage this checklist to be shared with your medical professionals. Statements in blue represent our recommended, periodic health screening/assessments that should begin at a specific age. Below each blue screening/assessment recommendation, there are blank boxes. Caregivers or individuals with Down syndrome can check off, date, or initial each blank box when the screening/assessment is completed. For screening/assessment recommendations with a time range (e.g. 1-2 years), the box size represents the longer possible time frame, such as 2 years versus 1. Statements in gray represent advisory recommendations that individuals with Down syndrome and caregivers should follow throughout adulthood.

Screening/Assessment
 Advisory
 Checklist
 No Recommendations

| | 21-29 Years | 30-39 Years | 40-49 Years | 50-59 Years | 60+ Years |
|---|--|-------------|-------------|-------------|-----------|
| <i>A review of behavioral, functional, adaptive, and psychosocial factors should be performed as part of an annual history that elicits data from all adults with Down syndrome, their families, and caregivers. (Boxes below represent 1 year assessments)</i> | | | | | |
| Behavior | When concern for a mental health disorder in adults with Down syndrome is present or if professionals should, all Evaluate for medical conditions that may present with psychiatric and behavioral symptoms and to Refer to a clinician. (Boxes below represent 18 months) | | | | |
| Dementia | Conduct a mental health screening, including a cognitive and functional assessment, and screen for dementia in adults with Down syndrome. When concern for a mental health disorder in adults with Down syndrome is present, medical professionals should follow guidelines for diagnosis in the Diagnostic and Statistical Manual of Mental Disorders (DSM-5). The Diagnostic Manual, International Classification of Diseases (ICD-10) also may be used to adapt diagnostic criteria from the DSM-5. (Boxes below represent 1 year assessments) | | | | |
| Diabetes | For asymptomatic adults with Down syndrome, screening for type 2 diabetes using HbA1c or fasting plasma glucose should be performed every 3 years beginning at age 30. (Boxes below represent 3 year assessments) | | | | |
| Cardiac | For asymptomatic adults with Down syndrome and congenital obesity, screening for type 2 diabetes using HbA1c or fasting plasma glucose should be performed every 2-3 years beginning at age 21. (Boxes below represent 3 year assessments) | | | | |
| Obesity | For adults with Down syndrome without a history of atrial fibrillation or disease, it is not the appropriate time to start the age that is to be assessed every 3 years starting at age 60 and using a 10-year risk calculator as recommended for adults without Down syndrome by the U.S. Preventive Services Task Force. (Boxes below represent 3 year assessments) | | | | |
| Atlantoaxial Instability | For adults with Down syndrome, risk factors for stroke should be managed as specified by the American Heart Association/American Stroke Association's Guidelines for the Primary Prevention of Stroke. In adults with Down syndrome with a history of congenital heart disease, given the elevated risk of cardiovascular stroke, cardiac or cardiac evaluation and a corresponding monitoring plan should be reviewed by a cardiologist. (Boxes below represent 3 year assessments) | | | | |
| Osteoporosis | Healthy diet, regular exercise, and calcium management should be followed by all adults with Down syndrome as part of a comprehensive approach to weight management, appetite control, and enhancement of quality of life. Monitoring for weight change and obesity should be performed regularly by calculating BMI. Most adults with Down syndrome in the U.S. should be screened for Down Syndrome Risk Factor Behavioral Weight Loss Interventions to Prevent Clinically-Relevant Morbidity and Mortality in Adults should be followed. (Boxes below represent 3 year assessments) | | | | |
| Thyroid | In adults with Down syndrome, routine cervical spine x-rays should not be used to screen for risk of spinal cord injury in asymptomatic individuals. Annual screening for adults with Down syndrome should be based on a review of signs and symptoms of cervical instability using targeted history and physical exam. (Boxes below represent 1 year assessments) | | | | |
| Celiac Disease | For primary prevention of osteoporosis fractures in adults with Down syndrome, there is insufficient evidence to recommend for or against screening adults with osteoporosis using x-rays, dual-energy x-ray absorptiometry (DEXA), or other methods. All adults with Down syndrome who receive a highly fracture risk should be evaluated for secondary causes of osteoporosis, including screening for hypothyroidism, vitamin D deficiency, hypogonadism, and medications associated with adverse effects on bone health. Screening adults with Down syndrome for hypothyroidism should be performed every 1-2 years using a serum thyroid-stimulating hormone (TSH) test beginning at age 21. (Boxes below represent 2 year assessments) | | | | |
| | Adults with Down syndrome should have an annual assessment for gastrointestinal and non-gastrointestinal signs and symptoms of celiac disease using targeted history, physical examination and clinical judgement of good practice. (Boxes below represent 1 year assessments) | | | | |

This checklist is not intended for diagnostic. Presentation of medical and mental health conditions for people with Down syndrome may be atypical. Signs and symptoms may be a consequence of another condition, including celiac disease process. Thus, the patient evaluation should include consideration of additional causes for any detected sign or symptom. The development of new and/or changes in signs or symptoms should prompt a comprehensive evaluation with your clinician.

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<https://www.globaldownsyndrome.org/global-adult-guidelines/>

Aging in people with Down syndrome

- Earlier aging
- Onset of certain health conditions
 - Cataracts
 - Osteoarthritis
 - Hearing impairment
 - Alzheimer's disease

Alzheimer's disease

What is Alzheimer's disease (AD)?

- Progressive neurological condition
- Affects the brain
- Is a type of dementia
- Plaques and tangles = the microscopic changes of the brain consistent with AD
 - Also referred to as neuropathologic changes

Association between DS and AD

- Nearly all people with Down syndrome (DS) have plaques and tangles by age 40.
- All people with DS over age 60.

Mann 1997

Does everyone with Down syndrome get Alzheimer's disease?

- Eventually, everyone with DS gets the neuropathologic changes.
- **BUT NOT** everyone gets symptoms of Alzheimer's disease.

Why is AD more common in DS?

- One of the genes associated with AD is on the 21st chromosome.
 - Amyloid precursor protein (APP)
- Since people with DS have an extra full or partial copy of the 21st chromosome, they have more of the gene.

What is the incidence of clinical Alzheimer's disease?

- AD thought to be uncommon before age 40.
- Incidence estimated to be 55% in those between ages 50-59.
- Incidence estimated to be greater than 75% in those 60 years of age and older.

Mann et al. 1984, McCarron et al. 2014, Coppus et al. 2006, Strydom et al. 2018

Symptoms

- Memory deterioration
- Loss of previously mastered skills
- Incontinence
- Unsteady gait
- Dysphagia (swallowing)
- Seizures
 - Higher rate (77% vs 2-25%)
- Weight loss
- Psychological changes

Diagnosis

- Look for the pattern of decline.
- Rule out other causes.
 - Examples:
 - Vitamin B12 deficiency
 - Depression
 - Sleep apnea
 - Hypothyroidism
 - Cataracts
 - Regression syndrome

Regression syndrome vs. Alzheimer's disease

| Regression syndrome | BOTH | Alzheimer's disease |
|---------------------------------|-------------------|---------------------|
| Age of onset = teens, early 20s | Decline in skills | Age of onset = > 40 |
| Sometimes reversible | | Not reversible |

[Link to webinar on Regression and Loss of Skills](#)

Progression of Alzheimer's disease

- Rate of decline varies from person-to-person and over time
- Plateaus, sudden drops, etc.

Possible causes of sudden drops

- Stroke
- Infection
- Depression
- New onset or change in metabolic condition (e.g. diabetes)
- Dehydration
- Inadequate sleep
- Pain

Quality of life

- Doing what can still be done
- Friends and family
- Physical exercise
- Healthy eating
- Ideal body weight
- Social engagement
- Creative arts
- Sensory stimulation
- “Bingo Pace”
- (Prevention)

Managing aging issues and Alzheimer's disease

Non-medicinal strategies

Non-medicinal strategies

- Environmental modifications
- Adaptive equipment recommendations
- Sensory needs
- Visual supports
- Communication

Home safety

- Contrasting colors in the bathroom
- Adequate lighting in rooms and hallways
- Remove unnecessary furniture and mirrors
- Add handrails and ramps
- Add reflective tape on stairs



A toilet or bath may not be seen or used appropriately if the bathroom is white.

Adding colour as shown here makes the toilet easier to see.

[LINK TO RESOURCE](#)



Tips for Going Up and Down Stairs Safely

Author: Katie Frank, PhD, OTR/L - Occupational Therapist, Going up and down stairs can be challenging for some people with in depth perception, unsteady gait, and other issues may contribute. The suggestions below may help with going up and down stairs safely.

[LINK TO RESOURCE](#)

Home safety

- Ensure chairs have arm rests to help with sitting and standing
- Remove throw rugs and door sills
- Add a deadbolt out of reach or alarm on main doors
- Lock up medications and cleaning supplies
- Remove locks on interior doors to prevent person from locking themselves in



Adaptive equipment

- Weighted utensils
- Adapted plates
- Contrasting colors
- Consider a shower chair and handheld shower head
- Grab bars
- Raised toilet seat or rails for the toilet



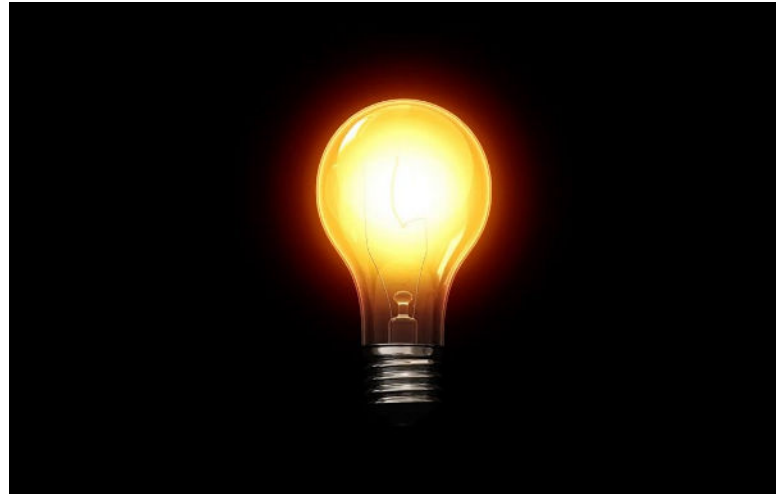
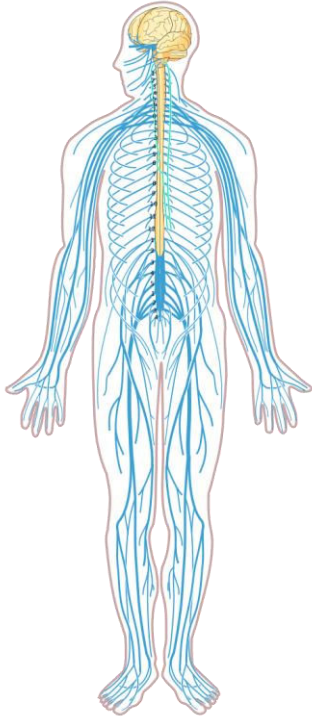
This shows how a white plate may become lost against a white table or cloth.



By adding a coloured background the plate is easier to identify.



Our sensory system



Our sensory system



Sensory and behavior



- The kink may impact behavior
- We may see...
 - Verbal outbursts
 - Physical aggression
 - Slowing down
 - Shutting down

Proprioceptive Input

Many individuals with Down syndrome experience difficulty with their proprioceptive system. The proprioceptive sensors in our body are responsible for providing feedback so we know where our body is in space. When these sensors aren't working like they should, someone may experience difficulty with motor coordination, meaning they appear clumsy. This could also impact a person's ability to actually carry out a movement even though they know how to do it, this is called motor planning. They may carry out activities and have difficulty grading their movements, perhaps they do things too hard or too soft. Another feature is the person may have difficulty with postural stability so they often appear slumped over or lethargic.

In order to activate these receptors and improve a person's proprioceptive system, the following activities can be encouraged throughout the day to get natural input into a person's joints. These activities can be done in preparation for a transition or when you start to see a person becoming worked up. For instance, they need to complete a series of self-care tasks in the bathroom but often require verbal prompts to initiate the activity. Provide proprioceptive input to see if it helps restart their body and prepare to complete the required task. This also goes for transitions. Do you ever need to leave the house and your loved one with DS doesn't want to go? Try some proprioceptive input to see if it helps them transition. These activities may not be effective once a person is having a tantrum or melt-down.

- Animal walking (like bear or crab, even crawling like a cat or dog, or hopping like a bunny)
- Jumping up and down, maybe even on a trampoline
- Dancing
- Jumping Jacks
- Push-ups on the floor or against the wall
- Bouncing on a therapy ball
- Sitting on a sit-disc
- Riding a bike/scooter
- Sports like swimming, yoga, Pilates and martial arts
- Completing an obstacle course
- Carrying a heavy backpack
- Moving furniture
- Pushing a cart/stroller/wagon
- Rolling up in a blanket like a burrito
- Bear hugs or being squeezed between pillows or cushions
- Using play-doh or theraputty
- Log rolling
- Vibration
- Weighted blankets
- Sitting in a beanbag chair
- Rocking in a rocking chair or on a glider
- Strength training activities with a theraband or light weights
- Throwing a weighted ball
- Joint compression (see handout on how to complete joint compression)
- Massage
- Yard work like raking and shoveling
- House work like vacuuming, sweeping, mopping, washing windows, and wiping down the counter
- Eating chewy or crunchy foods
- Sucking through a straw

<https://adsresources.advocatehealth.com/resources/proprioceptive-input/>

Joint compression-Upper body

Joint compression is a form of proprioceptive input. It occurs when there is compression, push, or weight bearing placed on a joint. It is important for developing body awareness and body in space, as well as for joint stability and strength. It also promotes self-regulation and can be very calming, regulating, and organizing for the brain and nervous system. This is a technique that seems to be effective for individuals with Down syndrome.

It can be used to help with transitions as well as to help calm the body. Therefore, complete this quick activity prior to an event that can be stressful for your loved one with Down syndrome. It should only take a few minutes.

For any questions, please contact Katie Frank, PhD, OTR/L at 847-318-2331 or Katherine.frank@advocatehealth.com

1. Have the individual sit down in a chair or on the floor. If they want or need to stand, joint compression can still take place.



2. Ask the individual if it is alright that you touch him/her. Once joint compression becomes part of the routine, you can just announce that it's time for joint compression.
3. You can start on either the right or left side and you will plan on doing joint compression to both sides.
4. Place one of your hands on top of his/her shoulder and your other hand on his/her upper arm. Gently press your two hands toward one another to provide compression at the shoulder joint. Do this 10 times.



https://adsresources.advocatehealth.com/assets/1/13/Upper_Body_Joint_Compression.pdf?55

Affordable Sensory Equipment Recommendations

Weighted products:

Key points to remember: Please consult with an occupational therapist to help you determine the best size and weight. It is typically recommended to have a blanket be 7-10% of a person's body weight. It is **NOT** recommended to sleep under weighted blankets.

Weighted blankets and lap pads: Prices vary, but range from \$30- \$100+ depending on size and weight.

Custom weighted blankets and lap pads:

- <http://www.sensacalm.com/weighted-blankets/>
- <http://www.mosaicweightedblankets.com/> (they even offer DIY kits)
- Amazon, Bed Bath & Beyond, and Etsy even carry weighted products

Weighted snake: Prices range from \$25 - \$50+

Amazon has a few versions. They vary in weight.




Alternative ideas to expensive weighted objects


- Door stoppers and neck wraps and warmers (priced \$10 and up)





- Available at drug stores and websites like Amazon. Bed Bath and Beyond and Amazon carry a brand called Bed Buddy.
- Talk with your dentist as you may be able to get an old lead vest used for x-rays.

Vibrating products:

- **Hand held massager:** Amazon as well as drug stores, Target, WalMart etc. (priced under \$10) 

- **Vibrating cushion:** Amazon carries a brand by Dr.Scholl's (priced under \$30) 

- **Vibrating neck massager**  **or vibrating cushion**  (priced \$20-\$50)

https://adsresources.advocatehealth.com/assets/1/13/Affordable_Sensory_Equipment_Recommendations.pdf?33



D

Somme... Tight Weighted Blankets provide... pressure which promotes... restful night sleep

- Gentle pressure... experience as swaddling
- 100% Cotton Cover
- Polyester insert with... pellets
- Suitable for all ages
- 5 lb. blanket fits users...
- 8 lb. blanket fits u...
- 12 lb. blanket...
- 16 lb. blanket... lb. meas...
- 25 lb. blanket... lbs. +, measures
- M...
- ... and imported materials

... Sleep Tight Weighted Blanket Sold Sep...

Calming and Alerting Sensory Strategies to Use with People with Down Syndrome and Alzheimer's Disease

| Calming | Alerting |
|--|--|
| Hot shower or bath | Cool shower or bath |
| Holding or stroking a pet | Holding ice or a cold washcloth in hand or to face |
| Sitting in front of a fireplace | Being in a cool room |
| Wrapping in a heavy blanket | Wrapping in cold bed sheets |
| Massage/deep pressure touch | Fast-paced, upbeat music |
| Isometric exercises/yoga | Alerting nature sounds (birds chirping) |
| Leisurely walks | Strong scents (peppermint) |
| Slow/rhythmic music | Light touch |
| Calming nature sounds (waterfalls, oceans) | Aerobic exercise |
| Humming/singing | Power walks |
| Soothing scents (lavender) | Rough or prickly materials or textures |
| Soft materials or textures | Fast or bumpy car ride |
| Rocking in a rocking chair or glider | Spinning on a swing |
| Swinging on a swing | Fast and/or jerky movements |
| Slow rhythmic motions (swaying to music) | Bright or flashing lights |
| Soft/low lighting | Drinking tea or coffee |
| Decaffeinated and herbal teas | Biting into a popsicle |
| Chewing gum or sucking on candy | Sour or hot foods/candy |
| | |

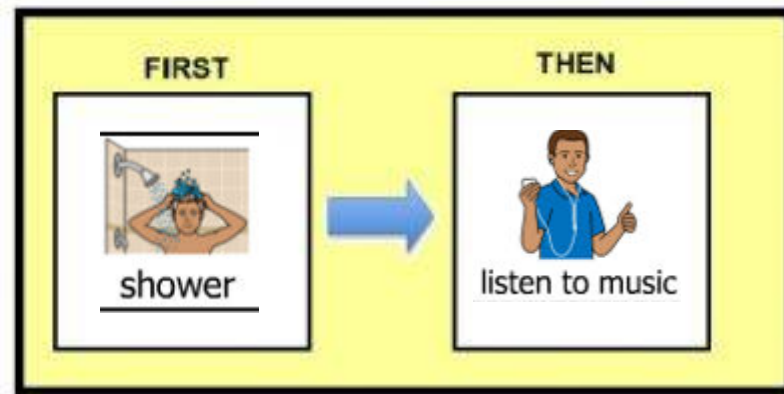
Adapted from Champagne, 2011

Use of visual supports

- Pictures, words, or other images that are used to...
 - Share or manage expectations
 - Provide reminders
 - Maintain skills & independence
 - Help communicate

First / Then boards

- Help to manage expectations
 - Typically “first” is a non-preferred task and “then” is a preferred task



Share or manage expectations

Checklist Before Going Downstairs

Get dressed



Go to bathroom



Wash face



Brush teeth



Brush hair



My bathing routine

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------|----------|--------|----------|
| | | | | | | |



My Weekly Schedule





| Today | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------|--------|---------|-----------|----------|--------|----------|--------|
| Today is | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |

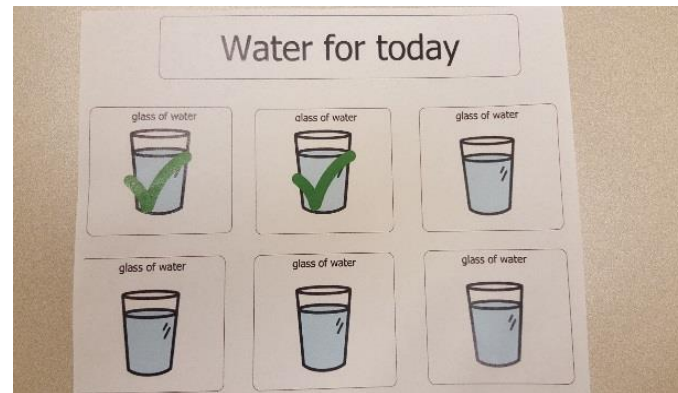


Provide reminders



Phone Call Schedule

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---------|--|----------|--------|---|
|  call at 8PM |  call at 8PM | |  call at 8PM | | |  call at 8PM |



Maintain skills & independence

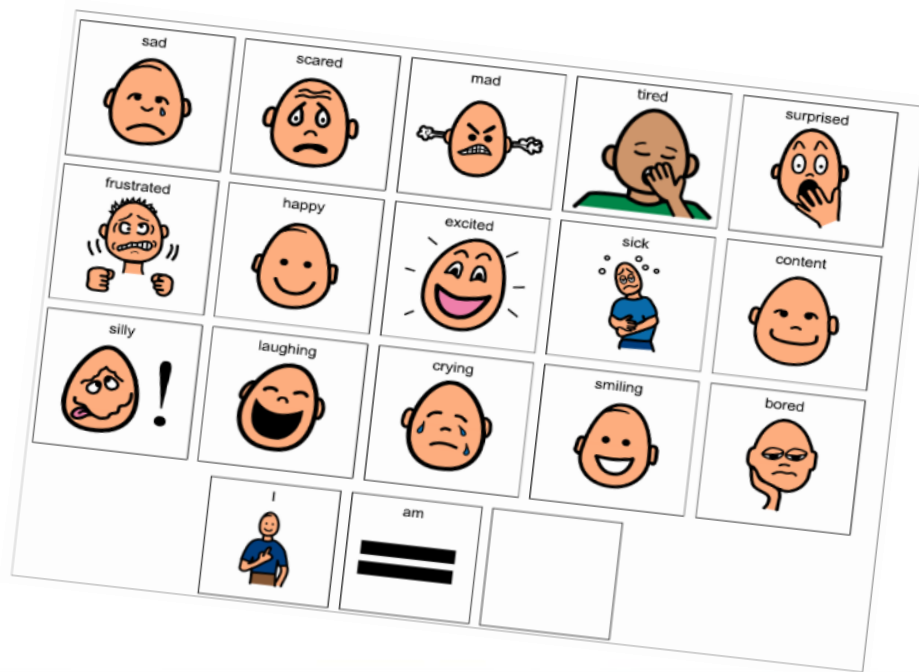
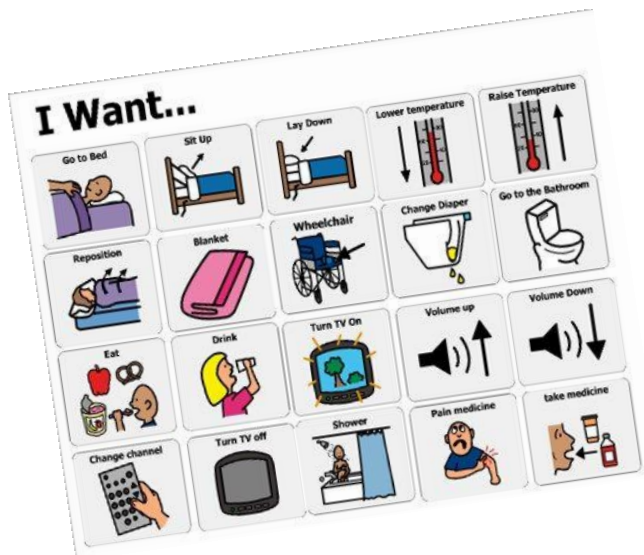
Using the Restroom

1. pull down underwear
2. go to bathroom
3. get toilet paper
4. wipe
5. pull pants up
6. flush
7. wash hands

█'s Shower Routine

| | | | | |
|--------------------------|-------------------------------|-------------------------------|-----------------------------------|--------------------|
| Get wet | Wash face and head | Rinse | Wash back, chest, arms | Rinse |
| Wash privates | Rinse | Wash legs and feet | Turn water off | Dry off |

Help facilitate communication



Additional communication strategies

- Provide simple instructions
- Do not argue, you will not win
- Avoid asking them if they remember
- Smile
- Try not to raise your voice - speak calmly with a slow pace
- Get down on their level (eye-to-eye)

Medicinal strategies

We are **AdvocateAuroraHealth™**

Treat associated symptoms

- Depression
- Anxiety
- Agitation
- Sleep challenges
 - E.g. day/night reversals
- Medication choices are influenced by a patient's particular symptoms and the particular effects and side effects of the medication.
- Observation and report of symptoms are key to assisting with medication selection.

Medications for Alzheimer's disease

- Cholinesterase inhibitors (e.g. donepezil / Aricept)
- NMDA receptor antagonist (memantine / Namenda)

Cochrane Database of Systematic Reviews, Livingstone et al. 2015

Lessons Learned from Families and Caregivers

Changing expectations

- A challenge for family members is accepting the diagnosis and the behavior changes, loss of skills, and diminished interaction with the outside world.
- Family members often have to make changes to their loved one's living situation.



Caregiver roles

Siblings

- They were sometimes the primary caregiver for their brother or sister or were providing a lot of help for their parents.
- Many wished they had been better prepared for this new role.



Care for the caregivers

Everyone needs help and support when caring for a loved one with Alzheimer's disease.

Sources of Support:

- Family members, friends and neighbors
- Adult Day Care Programs
- Respite Programs
- Home Health Agencies
- Support Groups



Resources for additional information and support

Aging Resources

<https://adsresources.advocatehealth.com/resources/?category=Aging>



Aging and Down Syndrome: A Health & Well-Being Guidebook

Author: National Down Syndrome Society - Resource

The resource linked below is a guidebook from the National Down Syndrome Society . According to the Introduction, "Adults with Down syndrome, along with their families and caregivers, need accurate information and education about what to anticipate as a part of growing older, so they can se



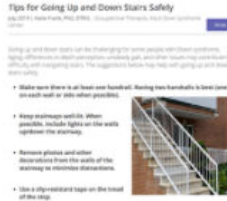
Today & Tomorrow: A Guide to Aging with Down Syndrome

Author: Canadian Down Syndrome Society - Resource

The resource linked below is a guidebook on aging from the Canadian Down Syndrome Society. While some of the information and recommendations are specific to Canada, the resource contains helpful information about health concerns, life and behavior changes, Alzheimer's disease, and other topi

Aging Resources

<https://adsresources.advocatehealth.com/resources/?category=Aging>



Tips for Going Up and Down Stairs Safely

Author: Katie Frank, PhD, OTR/L - Occupational Therapist, Adult Down Syndrome Center
Going up and down stairs can be challenging for some people with Down syndrome. Aging, differences in depth perception, unsteady gait, and other issues may contribute to difficulty with navigating stairs. The suggestions below may help with going up and down stairs safely. Make sure there

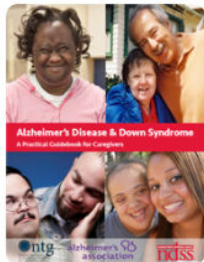


Healthy Aging Toolkit: Promoting Healthy Aging While You Are Stuck at Home

Author: Mary Stephens, MD & E. Adel Herge, OTD, OTR/L, FAOTA
This list of resources for promoting healthy aging while you are stuck at home was developed by Mary Stephens, MD and E. Adel Herge, OTD, OTR/L, FAOTA.

Alzheimer's Disease Resources

<https://adsresources.advocatehealth.com/resources/?category=Alzheimer%27s%20Disease%20and%20Dementia>



Alzheimer's Disease & Down Syndrome: A Practical Guidebook for Caregivers

Author: National Down Syndrome Society - Resource

The guidebook linked below was published by the National Down Syndrome Society "to help empower families and caregivers with knowledge about the connection between Down syndrome and Alzheimer's disease, suggestions about how to carefully and thoughtfully evaluate changes that may be

Seizures in People with Down Syndrome and Alzheimer's Disease

with Laura M. Berman, MD, Medical Director, Adult Down Syndrome Center

Download PDF

We were sent a question about seizures in a person with Down syndrome who developed Alzheimer's disease. The individual continues to experience seizures despite being treated with levetiracetam (Keppra). We have provided some information below. Please note that this information is for educational purposes only and does not constitute a medical recommendation. It is intended for use by healthcare providers, not for self-diagnosis or treatment.

- Seizures are more common in people who develop Alzheimer's disease, both people with and without Down syndrome. The risk of seizures is higher in people with Down syndrome who also have Alzheimer's disease. The incidence of seizures in a group of Alzheimer's disease patients is higher in those with Down syndrome than in those without Down syndrome.
- For people without Down syndrome who develop Alzheimer's disease, the risk of seizures is higher in those with Down syndrome than in those without Down syndrome.
- Some people may have had seizures before their Alzheimer's disease was diagnosed. However, seizures are most often treated only when they occur at a time when they are interfering with the person's daily life.

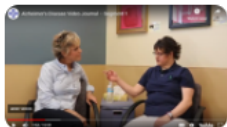
Seizures in People with Down Syndrome and Alzheimer's Disease

Author: Brian Chicoine, MD - Medical Director, Adult Down Syndrome Center

We were sent a question about seizures in a person with Down syndrome who developed Alzheimer's disease. The individual continues to experience seizures despite being treated with levetiracetam (Keppra). We have provided some information below. Please note that this information is for educ

Alzheimer's Disease Resources

<https://adsresources.advocatehealth.com/resources/?category=Alzheimer%27s%20Disease%20and%20Dementia>



Alzheimer's Disease Video Journal Segment 1

Author: Adult Down Syndrome Center - Video Journal

The video below is the first segment of our Alzheimer's Disease Video Journal, which consists of interviews with Colleen Buffington, a woman with Down syndrome who was diagnosed with Alzheimer's disease in December 2016, and Bo Thompson, Colleen's sister and caregiver. Collee



Alzheimer's Disease Video Journal Segment 5b

Author: Adult Down Syndrome Center - Video Journal

The video below is the fifth segment of our Alzheimer's Disease Video Journal, which consists of interviews with Colleen Buffington, a woman with Down syndrome who was diagnosed with Alzheimer's disease in December 2016, and Bo Thompson, Colleen's sister and caregiver. Collee

Alzheimer's Disease Resources

<https://adsresources.advocatehealth.com/resources/?category=Alzheimer%27s%20Disease%20and%20Dementia>



Let's Talk about Dementia

Author: Down's Syndrome Scotland

This booklet for individuals with Down syndrome explains dementia using easy-to-read language. It is provided by Down's Syndrome Scotland (www.dsscotland.org.uk/resources/publications/).



Living with Dementia

Author: Down's Syndrome Scotland

This booklet for families and caregivers of individuals with Down syndrome discusses dementia. It is provided by Down's Syndrome Scotland (www.dsscotland.org.uk/resources/publications/).

Other organizations

- Down Syndrome Organizations
 - The National Down Syndrome Congress website contains an affiliate directory of local Down syndrome support groups. Local groups can connect families to available resources and to other families. <https://www.ndsccenter.org/programs-resources/affiliate-organizations/local-and-national-support-networks>
- Alzheimer's Association
 - The Alzheimer's Association has local chapters throughout the United States that can connect families to available resources.
 - They also have a 24/7 hotline: 800-272-3900
 - <https://www.alz.org/>

Online/phone support

- The National Task Group on Intellectual Disabilities and Dementia Practices
 - Offers an online support group. More information can be found at:
<https://aadmd.org/ntg/onlinesupportgroup>
- Down Syndrome and Dementia Family Caregiver Telephone Support Group
 - 3rd Thursday of every month, 6:00-7:00 pm (Pacific Time)
 - To join please contact Marianne Iversen at Marianne@dscba.org

Online/phone support

- Facebook groups
 - Down Syndrome and Alzheimer’s Disease Support Group
 - <https://www.facebook.com/groups/1683973878347586/>
 - Moderated by the Down Syndrome Association of Wisconsin
 - Down Syndrome and Alzheimer’s/Down Syndrome Regression Support
 - <https://www.facebook.com/groups/DSALZ/>
 - These are private groups. You need to request to join the groups.

State services

- Varies from state to state
- Illinois Department of Human Services
 - Developmental Disabilities Service System
 - Independent Service Coordination Agencies (ISC) can help families access services and make changes to their loved one's living arrangements. To find a local ISC:
<http://www.dhs.state.il.us/page.aspx?module=12&officetype=3&county> or 1-888-337-5267
 - Rehabilitation Services
 - The Home Services Program provides services for individuals under age 60 with severe disabilities so they can remain in their home.
<http://www.dhs.state.il.us/page.aspx?module=12&officetype=7&county> or 1-800-843-6154

Questions?

Resource Library

adscresources.advocatehealth.com

Facebook

www.facebook.com/adultdownsyndromecenter

E-mail Newsletter

<http://eepurl.com/c7uV1v>