

Caring for Youth and Young Adults with Intellectual and/or Developmental Disabilities

Common Challenges

- Finding information about personal interests, job training, and physical/mental health support.
- Differences in practice between pediatric and adult providers.
- Few financial resources, services, and experienced providers.
- Caregivers may worry about what happens when they no longer can provide care.

How To Be An Advocate

- Ask about flexible and creative services. For example, using different settings and activities to achieve the same goal.
- Ask about telehealth options for healthcare visits and sessions.
- Explore using technology for educational, therapeutic, and social support.
- Connect and engage with the community, other families, and one another through:
 - Outdoor activities
 - Clubs and special interest groups
 - Quality time with family
 - Sharing resources and joining online communities



Further Resources

You can find videos, interactive resources, and more information about these topics by visiting the link or scanning the QR code.



<https://medschool.cuanschutz.edu/jfk-partners/resources/transition-resources>

Acknowledgement: This project was supported by the Administration on Disabilities (AOD) under the University Center of Excellence in Developmental Disabilities (UCDEDD) Grant 90UCPH0066 of the U.S. Department of Health and Human Services (HHS). This information or content and conclusion are those of the author and should not be construed as the official position or policy of HHS or the U.S. Government infer any endorsements.