

# 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>