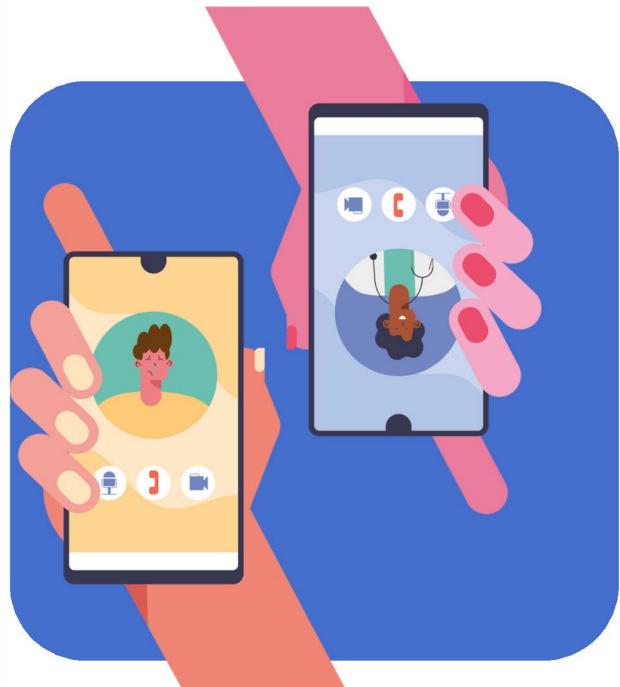


# Providing Care for Youth and Young Adults with Intellectual and/or Developmental Disabilities

## Common Challenges

- Finding medical and behavioral health providers with specialized knowledge, skills, and training.
- Finding information about personal interests, job training, and physical/mental health support.
- Fewer financial resources.
- Caregivers may worry about what happens when they no longer can provide care.
- Families may struggle with change in providers, treatment approaches, and available clinical support.



## How to Support Families

- Provide services in flexible and creative ways. For example, use different settings and activities to achieve the same goal.
- Include caregivers in communication and planning of all healthcare and therapeutic activities.
- Offer a telehealth option for healthcare visits and sessions.
- Offer technology for educational, therapeutic, and social support.
- Ask if families need additional psycho/social support.
- Encourage connection and engagement 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>