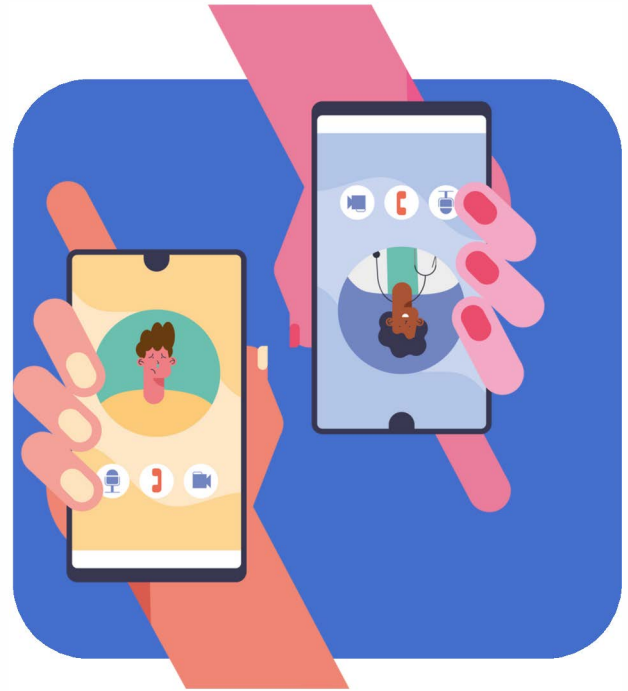


Providing Care for Youth and Young Adults with Intellectual and/or Developmental Disabilities

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.



JFK Partners

UNIVERSITY OF COLORADO
ANSCHUTZ MEDICAL CAMPUS



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

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