

## Background

- Physical therapists recognize the importance promoting health and wellness through our work.
- Adults with IDD face additional barriers accessing physical activity when compared to the general population.
- There are improvements we can make to our current practice model to better support adults with IDD.

## Problem

- Adults with IDD are at an increased risk for chronic disease, such as diabetes, heart disease, and cancer than the general population.
- Around 50% of adults with IDD report getting no physical activity, and this increases to 60% when considering those with mobility challenges. This is compared to around 25.3% of the general population considered to be physically inactive.
- Consideration of other social and cultural identities are also important to consider as many adults with IDD share these as well.

## The Role of Physical Therapists

- Physical therapists are positioned perfectly to provide activity recommendations and modifications to fit the needs of adults with IDD..
- In order to truly transform society, as outlined in the vision statement presented by the APTA, physical therapists need to work towards optimizing the lives of individuals of all ages and abilities.

## Barriers:

- Physical therapists that primarily serve individuals with IDD most often work with the pediatric population.
- Physical therapists that serve adult populations often have limited training or education regarding service provision for individuals with IDD within the context of adulthood.
- Barriers may also exist due to lack of insurance coverage for these services.

## Potential Solutions:

- Including case studies specific to adults with IDD in entry-level physical therapy education programs.
- As pediatric therapists, increasing collaboration and encouraging discussion with our colleagues that primarily work with adult populations.
- Shifting service model from being pediatric-specific to providing service to individuals with IDD across the lifespan.
- Creation of educational resources, such as APTA fact sheets, regarding best practice in service provision for adults with IDD to aide in provider comfort.

## Clinical Implications

- Episodic model of care for adults with IDD geared towards creating/adapting activity recommendations.
- Consider a more ecological approach
- Further research is warranted to create generalizable recommendations for the IDD community.

## References

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## Disclosures

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