

TOMORROW
STARTS
TODAY.

Promoting Health for and with Adolescents and Adults with DS
National Association for Down Syndrome 2018 CONFERENCE “Creating Lifelong Learners”

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Advocate Medical Group

Tomorrow starts today.

Adult Down Syndrome Center



TOMORROW STARTS TODAY.

Leo Foley
1907-1947



Life Expectancy

- Life expectancy:
 - 1907: 9 years
 - 1984: 28 years
 - Today: 60 years
- One of the oldest well-documented individuals with Down syndrome, 83 years old at death
 - Chicoine, B. & McGuire, D. (1997) Longevity of a woman with Down syndrome: a case study. *Mental Retardation* 35(6):477-9.



The Groove

- Tendency towards sameness, repetition
- Functional
- When does it become problematic?



Unique Memory Skills

- Excellent for remembering visual data (photographic-like)
- Limited sense of chronological order
- Memories re-experienced as if happening now



How do we promote health?

- Living longer and healthier lives is an active process.
- Adolescents and adults with intellectual disabilities can and should be encouraged to participate in their own health promotion.



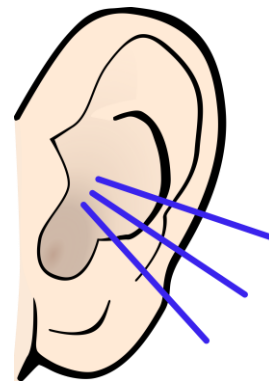
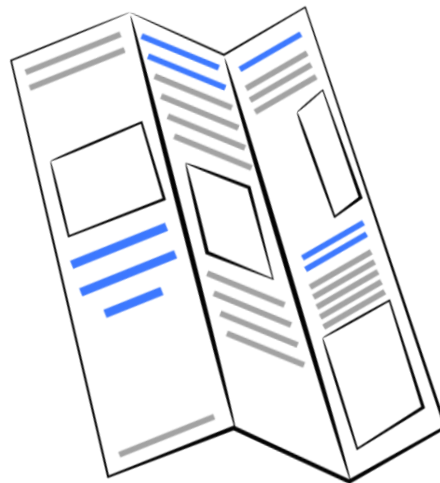
Self-Promotion

People who can participate in their own health promotion have a significantly increased likelihood of being healthy.

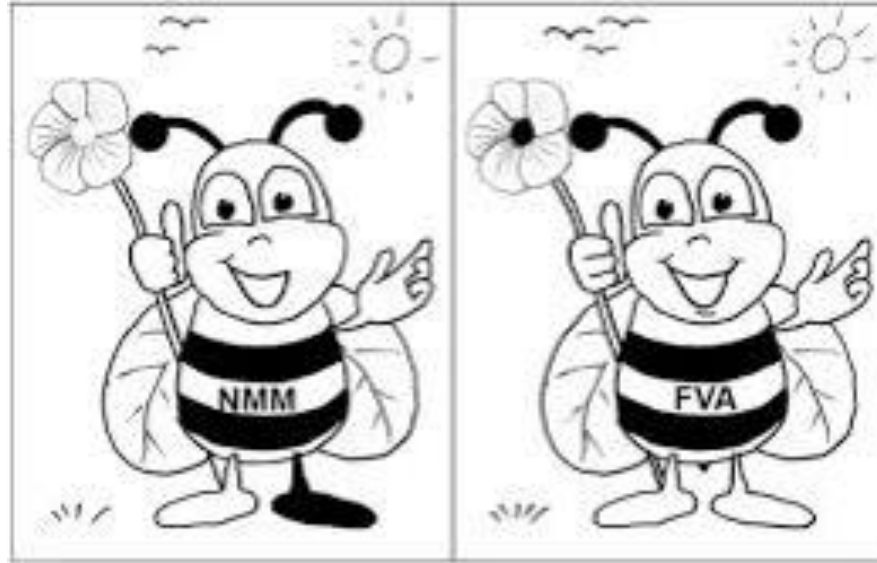
(NIH, Health Literacy)

Health Information Retention

- Why don't we remember?
- How much do we retain?
- What about people with an intellectual disability?



What is different?



SPOT THE DIFFERENCE!

Usual Patient Education



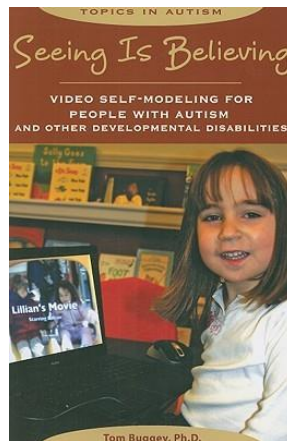
People with Down syndrome as teachers and peer supporters

- Peer support
- Conference
- Visuals:
 - Pictures, videos



Video Modeling

- *Seeing is Believing: Video Self-Modeling for People with Autism and other Developmental Disabilities* by Tom Buggey Ph.D.



- Study
- Videos



How to Use a CPAP Machine

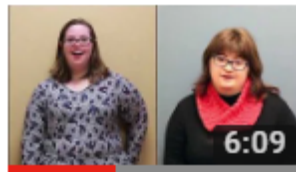
AdvocateHealthCare

Research – Peer Modeling

- Video Study #1
 - Immediate learning
- Video Study #2
 - Learning from repeated viewing
 - Retention

How to Use the Videos

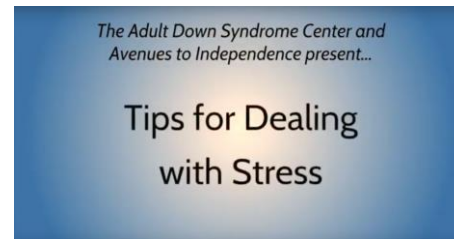
- Individual viewing
- Group viewing
- Lesson plans
 - Structured but also adaptable to a variety of settings



Education on Appropriate Touch,
AdvocateHealthCare



Serving Sizes
AdvocateHealthCare



Example – Tips for Dealing with Stress

- Example – Tips for Dealing with Stress
 - Discussion:
 - What does it feel like when you are stressed?
 - Tell me about a time when you have been stressed.
 - What can you do when you get stressed?
 - Activity
 - Situations, practicing deep breathing, choosing a stress tip

What to do when you get stressed

Close your eyes



Color



Take deep breaths



Exercise



Play with a pet



Listen to music



Spend time outside



Talk to family or friends



What can you do to stay healthy?



**Hydrate
to be
GREAT!**



Drink at least 5 of these cups filled with water each day to help you stay healthy.



Resources

Web site – <https://www.advocatehealth.com/health-services/adult-down-syndrome-center/> (or search for “Adult Down Syndrome Center)

Facebook – <https://www.facebook.com/adultdownsyndromecenter>

Contact

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Questions?

Discussion