Caring for your adult patients with Developmental Disabilities (DD):

Tools for Completing a DD Health Check

A companion guide
[The annual Health Check] is “one of the single most important investments in the primary healthcare of people with intellectual disabilities of the 21st century.”

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About this Toolkit

The resources contained in this guide are a compilation of the clinical tools available in the corresponding, *Implementing Health Checks for People with Developmental Disabilities: A Toolkit for Primary Care Providers*. This guide is meant to serve as a quick reference resource for clinicians to support the provision of care to adults with developmental disabilities when they present in your practice. Enclosed are:

- Tools to assist you in screening your patients for a potential DD
- Samples of Health Check templates
- Quick reference assessment guides
- Health promotion and communication resources for your patients

We have made electronic versions of these materials available on our website (www.hcardd.ca) when possible. We do ask that acknowledgment be given to the H-CARDD program. We envision that any of the materials included in the Toolkit could be uploaded into EMRs as *handouts* or *fillable forms*, or be *printed out* as easy access materials for paper-based practices. The EMRs used in our pilot sites, for which we include examples in this Toolkit, are Practice Solutions and OSCAR.

The tools within this Toolkit are meant to align closely with the resources of the *Developmental Disabilities Primary Care Initiative*. Members of the H-CARDD team worked closely with the initiative to integrate the two efforts.

About H-CARDD

H-CARDD is a research program based in Ontario, Canada that has been studying the health care of adults with developmental disabilities in the province since 2010. Through this research, we have learned that adults with developmental disabilities have higher rates of chronic disease and are less likely to receive the recommended preventative screening. From 2013-2016, with a grant from the Health Systems Research Fund, H-CARDD focused efforts on implementing one of the key recommendations from the *Primary care of adults with developmental disabilities - Canadian consensus guidelines* (Sullivan et al. 2011); the annual preventive care exam, or *Health Check*. This endeavor was carried out with three Family Health Teams (FHTs) in different parts of the province and provided a unique opportunity to learn how to conduct practice change for a relatively small, and sometimes unfamiliar patient population.

The tools within this companion guide align with the resources of the *Developmental Disabilities Primary Care Initiative*. Members of the H-CARDD team worked closely with this initiative to integrate the two efforts.
Tools for Completing a DD Health Check

The following resources are available as additions or extensions to the DDPCI resources, and have been developed out of our implementation projects. We encourage their use at the point of care.

Screening for DD - This is a screening tool that grew out of our implementation work, as we learned that there were many patients whose functional presentation suggested the possibility of a developmental disability. This quick-to-use guide includes clinical signs and symptoms, as well as interview questions you could ask a patient. It is meant to be a quick, simple-to-use screening tool, that can help you to determine whether you wish to include a patient in a Health Check invite, and/or refer them on for a psychological assessment. This is not a diagnostic tool.

CPX forms/Health Check Templates - These include sample versions from Practice Solutions and OSCAR. These templates give a sense of how the Preventive Care checklists, available from the DDPCI, can be edited to also include clinical information and resource material at the point of care. Where available, these versions have been uploaded into EMR Community Portals, which can be freely downloaded for insertion into your EMR.

Preventive Maneuvers in Primary Care for People with DD - This handout provides a visual representation of the guideline-recommended preventive maneuvers, that may be covered during a Health Check. You may note some of the differences for this population, when compared to the general population. This tool can be printed out and hung in staff areas, for example.

Acute Presentations (behaviour change and lethargy) - We know that adults with DD have particular health needs. We also know that there are underlying medical issues that may be missed – particularly when an individual presents in a state of crisis. This resource, developed by Dr. Liz Grier, provides a 1 page guide of what to look for when doing a head-to-toe and you wish to look beyond your usual assessment.

Updating the Cumulative Patient Profile - A suggestion is the idea of identifying, or adding in core information specific to adults with DD that would be important to note, edit or track from one visit to another. For this reason, we suggest that updates be made to the CPP. This page provides an overview of what may be helpful to include.

Coordinated Care Plans (CCPs) & Health Links - This is a guide to completing CCPs, and explains how they can be used to support planning for individuals with complex needs. A brief overview is also given about HealthLinks, and how these CCPs fit in.

Today’s Visit - This is a tool that can be used to assist patients with their follow up. It is meant to be completed by the provider, with the patient, and provides prompts on summarizing the visit and next steps, using clear and simple language. An online version is available for PSS users.

Developmental Services Ontario - Provides an overview of what the DSO is and gives contact information for the 9 DSO sites.
Completing the Health Check (continued)

Template for Community Services - In addition to clinical tools, it is helpful to know the locally available specialty services and providers who have comfort or expertise in providing care for people with DD. This template lists the types of services that would be important to seek out for your area. In Ontario, a suggestion may be to collaborate with your local Health Care Facilitator (regionally available expert) in the event they can assist with populating components of this list.

Financial Resources - Adults with DD are likely to experience higher rates of poverty than adults without DD. As such, we prepared information on financial resources that may be available to your patient. This resource is based on Ontario programs.

Transitions Toolkit - The transition from pediatric to adult services is a significant one for people with DD. Familiar sources of support are likely to terminate, which can be very distressing and disruptive. Transitions can improve with good planning and foresight. This resource is important to review with adolescent patients and their caregivers, or young adults who are now entering your practice site.

Educational Videos - A listing of freely-available online teaching videos, demonstrating best practices assessment and communication skills.

Internet Links - A list of links to useful health care resources sites related to patients with DD

✔️ Sustainability Check: Even if resources available, clinicians may not always remember to use them when the patient is present. Strategies (depending on EMR capabilities) may include: embed tools as fillable forms in EMR, create links from DD-CPX to other resources so they are easily retrievable, or if no EMR, maybe have binder with all resources available in each office.
Top 10 Tips for doing a DD Health Check

1) Don’t count on getting through the entire functions of a Health Check in one appointment. Identify and separate:
   - the current concerns;
   - the chronic disease management and,
   - the preventive functions of the Health Check.

2) Encourage caregivers and substitute decision makers to attend appointments; use patient/caregiver completed tools and records to improve communication.

3) Adapt communication to meet the needs of people with DD:
   a) Allow extra time to communicate effectively;
   b) See change in behaviour as a type of communication;
   c) Think first of common conditions in persons with DD (e.g., constipation, dental pain, wax in ears, social or environmental change as a source of symptoms or behaviour change); and,
   d) Recognize the need to assess and support capacity for consent.
      - Many people with moderate DD have stronger receptive (understanding) communication skills than expressive skills. Conversely, especially in those with mild DD, the person’s expressive speech may sometimes give an impression of better comprehension than is actually the case. It is important to check that the person understands.

4) Recognize that serious illnesses may present in atypical ways.

5) If the patient has a known developmental syndrome, consult one of the many disease-specific Health Watch Tables.

6) Proactively screen, recognizing the current low rates of preventive maneuvers.

7) Explore flexibility in how care is delivered; splitting up the tasks over multiple MD visits, or consider first assessment with an RN, followed by MD/NP exam.

8) Offer accommodations, particularly for individuals with physical disabilities:
   - Home visits or in-bed exams; or,
   - Advocate for adaptable in-office equipment (high-low exam tables, transfer boards, wedges or towels for stability, wheelchair scales, etc.).

9) Use a show-tell-do approach. Show the patient the instrument or procedure you will use, allowing them to touch/explore it; describe the steps involved, and what can be expected; then proceed. Sit at eye level.

10) Consider a Sensory Box that is offered to patients. This can include very simple items that may go a long way in soothing, calming or distracting a patient while they are waiting, and during care/assessment.
In order to access funded services in the developmental sector (via the DSO), individuals must meet eligibility criteria as set out by the Ministry of Community and Social Services in the Services and Supports to Promote the Social Inclusion of Persons with Developmental Disabilities Act, 2008. This Screening Tool is an attempt to help practitioners navigate this process. Even if a patient does not meet these criteria, but you still have concerns, there are many resources within this Toolkit that can still be of use in adapting communication and processes to meet their needs.

**Documentation confirming DD?**
(e.g. Psychoeducation report; Neuropsych; Behavioural assessment, etc.)

**Any of the following observations?**
- Slow response time
- Difficulty filling out forms/paperwork
- Repeat visits for same issue(s)
- Difficulty following instructions
- Chronic social or legal troubles
- Concrete/literal thinking
- Difficulty rephrasing information
- Frequently misses follow-up
- Difficulty with basic math

**ODSP diagnosis in chart?**
- Is DD the reason?

**Education?**
- Evidence of Special education?
- Stayed in school until age of 21?

**Vocation & Employment?**
- How are days spent? Day program?
- Mostly volunteering?
- Support in obtaining a job?
- Evidence of sheltered/supported work

**Dev. Sector Agency support?**
- Any workers ever involved?
- Any history with agencies? (show list)

**Consider other possibilities:**
- Learning disability?
- Low literacy?
- Mental health issues? PTSD?
- Brain injury?
- Addiction?
- Mild cognitive impairment?

**Connect with the DSO (Developmental Services Ontario) 1-855-372-3858**

Find out if the patient is already registered for developmental services. If not, begin the process. It is helpful to share clinical information that you have recorded.

Begin the process to try to register the patient. DSO may be able to help navigate a psychological assessment, to help access services.
At one of our pilot sites, we have inserted the already-existing Preventive Care Checklist (developed by the Developmental Disabilities Primary Care Initiative) and modified it to include additional clinical tools and information, embedded into the form.

If your site uses Practice Solutions, we have made these resources freely available to you via the Community Portal. For information on how to access this, please see the Uploading EMR Resources section (page 9).
If you are a Practice Solutions user, you will be able to access the PS Suite Community Portal. We have uploaded the “DD-CPX” (and related resources) into the Custom Forms Library. From here, you will be able to download this form, then insert it directly into your own site.

https://telushealthcommunity.force.com/pssuitecommunity/thsitelogin

Steps:
#1. Go to: https://telushealthcommunity.force.com/pssuitecommunity/thsitelogin
#2. Login (obtain from your local site administrator)
#3. Clock on Knowledge
#4. Click on “Custom Forms Library”
#5. Search “DD”
In the EMR, there are annotations that pop up to explain the importance of the items on the form to the health care of adults with DD, along with links to relevant clinical tools.

To obtain a copy of this fully annotated Health Check template, please contact Dr. Ian Casson, at:
**Systems Review in Primary Care for People with DD**

**Endo:**
- Thyroid: higher incidence in DD
- DM: increased rates in Down Syndrome
- Low testosterone: increased prevalence

**Neuro:** Increased prevalence of seizure activity.

**Vision:**
- Check annually in office;
- Optometry q 5 yrs if >45

**Hearing:**
- Whisper Test in office;
- Check for/remove cerumen;
- Audiogram q 5 years if >45

**Dental:**
- Check dentition in office
  *common trigger for behavior change

**Resp:**
- Screen aspiration annually
  (Risks: group home; frequent throat clearing; drooling; long meal times; chronic infections; choking)

**Cardiac:**
- Screen earlier;
- Prevalence of CVD

**GI:**
- Screen for GERD, constipation, PUD – annually and if behaviour;
- H-Pylori if symptomatic or if living in group home; retest H-Pylori 3-5 yrs.

**MSK:**
- Higher prevalence of Scoliosis, Contracture, spasticity, Osteoporosis
  – Assess risk at all ages.
- Consider BMD at earlier age
- Refer to OT/PT/Physiatry

**Sexuality:**
- Assess fertility and genetic risks
- Discuss masturbation, contraception, menses
- Higher likelihood/history of abuse

**Immunizations**
- Influenza
- Strep pneumonia (if at risk)
- HPV (if at risk)
- Hep A/B

**Cancer Screening**
- Cervical: pap (if sexually active/remember abuse)
- Breast: annual breast screening > 50 years
- Testicular: testicular exam
- Colon: rectal exam > 45 years, colon cancer > 50 years

**Common causes for Behaviour Change:**
Pain/discomfort/infection (dental, GI etc.) environmental stressor/change, loss/grief

Commonly Missed Diagnoses: Head-to-Toe Assessment

**H** Headache and other pain, or Hydrocephalus related issue (ex. Shunt blockage)

**E** Epilepsy

**A** Aspiration pneumonia or dysphagia

**D** Drugs! Patients are at high risk for adverse effects or polypharmacy.

*Have a follow up plan if prescribing psychotropics!*

**T** Teeth! Dental abscesses or impacted teeth can cause pain, aggressive behavior, food refusal

**O** Ocular or Otolaryngology issue – Vision problem, Hearing issue, Obstructive Sleep Apnea (up to 80%)

**T** Tummy – GERD, Constipation, Bowel obstruction and volvulus

**O** Osteoporosis and atypical fractures, pressure sores

**E** Etiology or cause of IDD - is it known? – some genetic syndromes have important acute presentations (ex. Calcium disturbance in William’s Syndrome)

**S** Serious illness can present atypically – ask caregivers how this patient expresses pain.

*Is there a subtle sign that they are very ill?*

**S** Screen for abuse

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**All Behaviour is Communication!**

- Listen to Caregivers
- Ensure access (reduce noise, fluorescent light)
- Link – ask about community supports
- Look for a Care Plan
- Wallet sized Health Passport

Do you suspect a patient you are seeing has developmental disability but has not been identified? Refer to Developmental Services Ontario!

(Do you think your patient might benefit from a Coordinated Care Plan because of their complex health needs? Refer to “Health Links”.)

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Grier, L. 2015
Updating the Cumulative Patient Profile

The following domains may be helpful to record, if this information is available to you:

- Code the DD on the patient’s Problem List
- Chronology for relevant issues or medications (especially anticonvulsants & psychotropics)

**Baseline Medical History**

- Level of disability (if provided in psychoeducational or psychological assessment):
- Date of psychological assessment:
- Etiology of disability:
- Genetic Assessment:
- Previous neuroimaging (MRI, CT, but also include EEG here):

**Social History**

- Living Arrangement:
- Decision-Making Capacity:
- Substitute Decision Maker:
- SDM Contact Info:
- School:
  - Resource Teacher:
  - Lead Educational Asst:
- Developmental Service Agency:
- Case Manager: Phone:
- Additional services:

**Special Needs**

- Communication skills/tips:
- Sensory Needs:
- Response/signs of pain or distress:
- Mobility/Accommodations needed:
- Safety Concerns:

Add the patient to a DD Cohort (DD patient registry or your site) to allow population level searches and outcomes to be tracked.
TODAY’S VISIT
Please complete this with your patient during each encounter.

Why did I come to the clinic today?

What did they do?

When should I come back to the health clinic?

Do I have any other appointments?

If Yes,
Name: Reason:
Where: Date:

Other information for me or my caregivers:
(Things I should pay attention to? Things I should do differently? When should I come back to the clinic?)

This tool is available for Practice Solution Users in the PS Suite Community Portal
Continued —>
Were there changes to my medication? YES or NO
If yes:

1. Medication Name: ________________________________
   I am to take this _____ times per day.
   I am to stay on this for ______ days
   Why do I need to take this?

2. Medication Name: ________________________________
   I am to take this _____ times per day.
   I am to stay on this for ______ days
   Why do I need to take this?

Are there any other things I should know about my medication?

Are there any medicines that I don’t need to take any more?

Do I need any help getting or paying for my medication?

Are there any questions I want to ask before I leave?

If I have questions once I am home, I can call the clinic at:
Developmental Services Ontario (DSO):
What you and your patients need to know

What is DSO?
- DSO helps adults with developmental disabilities and their caregivers connect with services and supports
- There are nine DSO agencies in Ontario
- Completes an application package and needs assessment
- Makes referral to adult developmental services and programs on your behalf

Developmental Services and Supports Accessed and Organized through DSO
- Community participation supports (e.g., work, recreation, passport funding)
- Residential supports (e.g., group homes, supported independent living)
- Caregiver respite services (in home and out of home)
- Person-directed planning supports (help adults with developmental disability develop their own vision and goals for their future)
- Specialized supports (e.g., service coordination, clinical services, case management)

These supports can be delivered one-on-one or in groups. More information may be found at http://www.dsontario.ca/ (under “Developmental Services in Ontario”)

What will happen when your patient or their caregiver calls DSO?
- The call will be answered by a DSO worker who will talk about the supports and services needed. The DSO worker will:
  - Ask about the person with a developmental disability and their current situation
  - Provide information about services that might be of interest
  - Explain the process to go through that is required to be eligible for services funded by the Ministry

Who is eligible for DSO?
- Age 18+ years to receive services, but can apply between 16-18 years
- Documentation confirming age (e.g., government issued ID like a health card, passport, birth certificate)
- Resident of Ontario
- Documentation confirming residency in Ontario (e.g., government issued ID like a health card, passport, birth certificate)
- Have a developmental disability
  - Documentation by a psychologist confirming adult eligibility criteria. Typically, this is the most recent psychological assessment you have available (e.g., psychological assessment completed during school years).
How does my patient apply for DSO?

Contact the local DSO to confirm if they are eligible for services. Have proof of eligibility documents ready for their region:

<table>
<thead>
<tr>
<th>Region</th>
<th>Email</th>
<th>Phone</th>
<th>Fax</th>
</tr>
</thead>
<tbody>
<tr>
<td>Central East</td>
<td><a href="mailto:dsocentraleast@yssn.ca">dsocentraleast@yssn.ca</a></td>
<td>905-953-0796</td>
<td>905-952-2077</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1-855-277-2121</td>
<td></td>
</tr>
<tr>
<td>Central West</td>
<td><a href="mailto:dso@dsocwr.com">dso@dsocwr.com</a></td>
<td>1-888-941-1121</td>
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<td></td>
<td></td>
<td>Dufferin: 519-821-5716</td>
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<td>Halton: 905-876-1373</td>
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<td>Peel: 905-453-2747</td>
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<td></td>
<td></td>
<td>Waterloo: 519-741-1121</td>
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<tr>
<td>East</td>
<td><a href="mailto:admin@dsoer.ca">admin@dsoer.ca</a></td>
<td>1-855-376-3737</td>
<td>1-855-858-3737</td>
</tr>
<tr>
<td>Hamilton-Niagara</td>
<td><a href="mailto:info@dsohnr.ca">info@dsohnr.ca</a></td>
<td>1-877-376-4674</td>
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<tr>
<td>North East</td>
<td><a href="mailto:dso@handstfhn.ca">dso@handstfhn.ca</a></td>
<td>1-855-376-6376</td>
<td>705-495-1373</td>
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<tr>
<td>Northern</td>
<td><a href="mailto:info@lccctbay.org">info@lccctbay.org</a></td>
<td>1-855-376-6673</td>
<td>1-807-346-8713</td>
</tr>
<tr>
<td>South East</td>
<td><a href="mailto:esteele@dsoser.com">esteele@dsoser.com</a></td>
<td>1-855-237-6737</td>
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<td></td>
<td>1-613-354-7977</td>
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<tr>
<td>South West</td>
<td><a href="mailto:maryregan@dsoswr.ca">maryregan@dsoswr.ca</a></td>
<td>1-855-437-6797</td>
<td>519-673-1509</td>
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<tr>
<td>Toronto</td>
<td><a href="mailto:DSOTR@surreyplace.on.ca">DSOTR@surreyplace.on.ca</a></td>
<td>1-855-372-3858</td>
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<td></td>
<td><a href="http://www.dsotoronto.com">www.dsotoronto.com</a></td>
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</table>

We would like to acknowledge the DSO website (http://www.dsontario.ca/), DSO Central West Region, and DSO Central East Region for providing information on this handout.
### Template for Local Specialty Services

Fill this out for your area. Consider approaching your local Health Care Facilitator to see if they can make any recommendations ([http://www.community-networks.ca/](http://www.community-networks.ca/)).

<table>
<thead>
<tr>
<th>Provider Type &amp; Contact Info</th>
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<tbody>
<tr>
<td>Family Doctors with special interest in DD:</td>
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<tr>
<td>Genetics:</td>
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<tr>
<td>Developmental Pediatrics/Children’s Treatment Centre:</td>
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<tr>
<td>Physiatrists:</td>
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<td>Urology:</td>
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<td>Gynecology:</td>
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<td>Gastroenterology:</td>
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<tr>
<td>Enteral Feeding (for G-tube assessment):</td>
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<td>Neurology (epilepsy):</td>
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<td>Orthopedics:</td>
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<td>Ophthalmology:</td>
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<td>Optometry:</td>
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<td>Dentistry:</td>
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<td>Audiology:</td>
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<td>Augmentative Communication:</td>
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<td>Behavioural Intervention Services:</td>
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<td>Dual Diagnosis Consulting Teams or Psychiatry Services:</td>
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<td>Occupational Therapy (Sensory Integration, ADL Assessment):</td>
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<td>Physiotherapy:</td>
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<td>Psychological Assessment:</td>
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<td>Special Education:</td>
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<td>Seating Clinic:</td>
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<td>Speech-Language Pathology (swallowing):</td>
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<td>Name of Resource</td>
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<td>Passport Funding</td>
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<td>Special Services at Home (SSAH)</td>
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<td>Respite Services</td>
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<td>Disability Tax Credit</td>
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<td>Registered Disability Savings Plan (RDSP)</td>
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<td>Name of Resource</td>
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<tr>
<td><strong>Ontario Disability Support Program (ODSP)</strong></td>
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<td><strong>Ages:</strong> 18+ (income support) 16+ (employment support)</td>
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<td><strong>Equipment Needs</strong></td>
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<td><strong>Henson Trust</strong></td>
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<td><strong>Ages:</strong> All ages.</td>
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Updated June 2015
This information has been compiled to the best of our ability.
*Rules and regulations may change. To ensure the accuracy of this information, please contact the program or service directly.*
Transitions Toolkit

Do you have patients with DD that are school age? Teenagers? Young adults?

Please check out this resource, prepared by the Developmental Disabilities Primary Care Initiative, focused specifically on supporting effective transitions from pediatric to adult services.
Improving Primary Care

This video shows a man with Autism Spectrum Disorder with pain in his ear, visiting a family doctor. In the first scenario, the examination is painful and stressful. In the improved practice scenario, strategies to improve his care include asking permission, offering choices, and describing and showing before doing.

The Difficult Blood Draw

An anxious young woman with Down syndrome is getting her blood drawn in hospital. In the first scenario, the nurse cannot get the blood drawn at all. In the improved practice, strategies to improve her care experience include explaining before doing, encouraging her to seek support from her sister, and sharing the "About Me" patient communication tool.

The HCARDD program encourages you to visit the excellent teaching resources available at http://machealth.ca/programs/curriculum_of_caring/  The Curriculum of Caring is focused on helping health care professionals and trainees to effectively care for people affected by developmental disabilities.  

Check it out!
## Developmental Disabilities: Internet Links

<table>
<thead>
<tr>
<th>Developmental Disabilities Primary Care Initiative</th>
<th><a href="http://www.surreyplace.on.ca/primary-care">www.surreyplace.on.ca/primary-care</a></th>
</tr>
</thead>
<tbody>
<tr>
<td>Includes PDFs of all Tools for the Primary Care of People with DD.</td>
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<td>- Physical Tools; Transition tools</td>
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<tr>
<td>- Health Watch Tables; Caregiver tools</td>
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<tr>
<td>- Behavioural &amp; Mental Health Tools</td>
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<tr>
<td>Fillable versions of these tools are also available at <a href="http://vkc.mc.vanderbilt.edu/etoolkit/">http://vkc.mc.vanderbilt.edu/etoolkit/</a>.</td>
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<tbody>
<tr>
<td>The Curriculum of Caring is aimed at helping Healthcare professionals effectively care for people affected by developmental disabilities (DD). This site contains numerous videos on how to assess and support people with DD, and their caregivers.</td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Developmental Services Ontario (DSO)</th>
<th><a href="http://www.dsontario.ca">www.dsontario.ca</a></th>
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<tr>
<td>Developmental Services Ontario is the gatekeeper to publicly funded developmental services, housing, day programs, and funding (“Passport”). Contact 1-855-372-3858 to find out if your patient is already registered in their system. If not, they can help you to navigate the referral to confirm eligibility.</td>
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<thead>
<tr>
<th>Easy Health</th>
<th><a href="http://www.easyhealth.org.uk.ca">www.easyhealth.org.uk.ca</a></th>
</tr>
</thead>
<tbody>
<tr>
<td>This site (from the UK) is a wealth of patient-friendly health teaching resources created specifically for people with DD (“learning” disabilities). Includes videos (ex. FOBT), and leaflets that can be printed out.</td>
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<tr>
<th>ConnectAbility</th>
<th><a href="http://www.connectability.ca">www.connectability.ca</a></th>
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<tbody>
<tr>
<td>A great site for families (Ontario-centric), caregivers and people with DD. Includes info on community supports, system navigation, discussion boards, etc.</td>
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<tr>
<th>Community Networks of Specialized Care</th>
<th><a href="http://www.community-networks.ca">www.community-networks.ca</a></th>
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</thead>
<tbody>
<tr>
<td>The Community Networks of Specialized Care (CNSC) are a way of linking specialized services and professionals to pool their expertise to treat and support adults who have developmental disabilities and mental health needs and/or challenging behaviours (ie. dual diagnosis) in the communities where they live.</td>
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<tr>
<th>H-CARDD Health Care Access Research and Developmental Disabilities</th>
<th><a href="http://www.hcardd.ca">www.hcardd.ca</a></th>
</tr>
</thead>
<tbody>
<tr>
<td>Research program focused on health care access of people with DD. Also shares resources and tools for people with DD, caregivers and providers. Includes teaching videos. Also contains toolkits for both primary and emergency care providers.</td>
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</tr>
</tbody>
</table>
Resources for Patients with Developmental Disabilities & their Caregivers
Today’s Health Care Visit - This is a way for you as the practitioner to learn more about your patient - their preferences, stressors, and strategies that may inform their care. Also includes visual aids that can be used to foster communication at the time of care. Consider having this tool available in the waiting room, or, mailing out in advance of a Health Check.

Getting More Money - This is a clear language guide to financial resources that may be available in your area (Ontario). Modify this for your local area.

About Psychological Assessments - A guide for Caregivers - This is a handout for caregivers that helps to explain the process, access points and rationale for psychological assessments.

Health Care Handout “Mammogram” - A clear language handout to offer patients who wish to learn more, or prepare for a mammogram.

Health Care Handout “FOBT” - A clear language handout to offer patients who wish to learn more, or complete an FOBT.

Health Care Handout “Pap Test” - A clear language handout to offer and review with patients in preparation for a pap test/internal exam.

Health Care Handout “Special Exam” - A clear language handout to offer and review with patients in preparation for specialty exams.

Internet Links - A handout to share with patients that provides listing of excellent online resources specifically for people with developmental disabilities.
Today’s Health Care Visit

A tool for patients and their health care providers.

My biggest fear or worry about coming for health care is:

Some ways you can help me to better understand our visit are:
- Speak slowly
- Repeat things
- Talk to my caregiver too
- Use pictures
- Write it down
- Speak directly to me
- Other:

Have any of these been bothering me in the last week:
- Not sleeping well
- Not hungry
- Bath/washroom difficulties
- Emotional issues
- Feeling tired, no energy
- Mouth or teeth
- Sexual health
- Anything else

Where does it hurt?

(Draw on ‘X’)

Happy
Sad
Mad

For the Large Print Version, click here.
Getting More Money

*To Download, please click the images

ODSP Ontario Disability Support Program

This is money from the government for people with disabilities. A doctor will need to complete papers that explain to the government that you have a disability and that you need some help.

In order to get your ODSP, you must go to an ODSP office. If you're 2-1-1, they can help you find the closest ODSP office. Then, bring the forms to your doctor.

Each ODSP form has:
- Disability
- Eye exam every 2 years
- Eye exam every 1 year
- Goods and services extra

Extra forms can help some people pay for other things, like:
- Travelling to healthcare appointments
- Healthy food (a "Special Diet")
- Helping to buy wheelchairs, walkers
- Medical supplies, like diabetes needles or bandages
- Use the drug and dental card you get each month
- You will need extra forms for this

If you decide you would like to start working, contact your ODSP worker. They can help you!

www.ontario.ca/ontariodsp

#2. Do your Taxes

Each year, you must find out if you owe the government any money—or if they owe you money. This is called doing your taxes. Every year, the government will give you money back! This is called a tax return.

Find someone who can help you do your taxes. If it is going to be done for you, it is going to be done.

Disability Tax Credit

You can apply for this when you do your taxes. This form ("T2201") may help you get some more money back from the government in your taxes. There are 2 parts: one that you fill out (Part A) and one that your doctor fills out (Part B). Bring the form to your doctor office.

1-800-959-2221

RDSP Registered Disability Savings Plan

If you are approved for the Disability Tax Credit, you—or your family and friends—can put money into a special savings account called an RDSP. The government will also put money into this account for you. This is a good way to save money for when you are older. To start an RDSP, you need to go to your bank.

www.rdsp.com

Henson Trust is another way that family can save money for you. It is best they speak to a bank about this!

Do you want to go to school?
- Do you still need to finish high school? You can!
- Did you finish high school, and are thinking of college or university? If you need money to help pay for school, there are lots of programs in the Transition Resource Guide. http://www.transitionresourceguide.ca/mentor/financial-information

Do you want to work?
- Are you thinking about working?
- Would you like a job, but don't know where to start?

There are lots of programs that support people to find jobs.

Community Living is a good place to start. 416-383-1900

Do you want to play sports or exercise?

City of Toronto “Welcome Policy”

This can give you a discount for recreation (swimming, dance classes, sports, skating, going to the gym, etc.). You must live in Toronto. (416) 381-3000

Physiotherapy

If you have an ONet card, and you are on ODSP, you can get free physiotherapy. Ask your doctor about “publicly funded physiotherapy clinics” in your area.

Do you need equipment?

Assistive Devices Program

The government will pay most of the costs, and you will have to pay a bit. There will be forms which your health-care provider will fill out.

If you have ODSP, they may be able to pay your part for you. 1-800-268-6021

Some other ways to pay for equipment are:

- Easter Seals 1-866-630-3336
- March of Dimes 1-866-765-7237

Would you like help managing your money?

Budgeting money can be hard sometimes. It's okay to ask for help!

Community Living 416-383-1900

Woolco 416-645-6000

You can also talk to your doctor or healthcare provider.

Teenagers zone

High Charity

If you still live with your parents, this government program can help pay for support workers and programs. Your parents and your doctor will need to complete a form. (416) 305-0500

Easter Seals

This can help pay for the cost of equipment—like wheelchairs and braces—and many other things! 1-866-630-3336

Registering with the DSO

Call the DSO when you are 16. This will help you get on the list for services and money that is important once you turn 18.

The DSO can also help you plan for what you would like to do after high school. 1-800-372-3868

Children in Need of Treatment

Might be able to pay for emergency dental work.


For the Large Print Version, click here.

Download and print at www.hcardd.ca
A mammogram is a special x-ray that takes pictures of my breasts. This is a way for a doctor to find out if my breasts are healthy. I will go to a special clinic to have this test done – this might even be at a hospital. Having a mammogram does not mean that I am sick! This is something that many women are asked to do.

1. Take off my top and my bra.
2. Then, my breasts will be placed on the x-ray machine.
3. I need to stay very still. It will squeeze my breast and that might hurt, but it will be over soon.
4. The machine will take the x-ray pictures.
5. I am all done!

Would I like to learn more about a mammogram?

- Do I want to watch a video?
  http://ow.ly/ZtFYi

- Do I want to read a booklet and look at pictures?

- Do I want to listen to someone speak and look at pictures?
  http://ow.ly/ZtGlp

- Do I need a centre that is wheelchair accessible?
  Here is a list of places that are accessible for wheelchairs.
  http://ow.ly/ZtGVJ
“Hi, my name is Janelle. Here are some things that I find helpful when I have to get a mammogram. I hope they help you too!”

- Ask to have an appointment that is at a time that is best for me.
- Remember not to wear any deodorant that day. ✗
- Bring a friend, family member, or someone I trust to come with me.
- Let the mammogram centre know that I might be a little nervous.
- Ask if I can sit down – if it is hard for me to stand up.
- Give myself a reward when I am done. The reward I am going to have is:
  ________________________________________________________________.
- If I think of other questions, I can call: __________________________.
F-O-B-T!

An “FOBT” is a test that checks my poop, to make sure that the inside of my belly – my colon, or bowel – is healthy. I will be given a “FOBT kit” then I will take this kit home, and will use it to collect samples of my poop. I will probably need to collect 3 different poop samples. Then, the samples will be sent to a laboratory and checked to see if they are healthy.

Doing the FOBT might be a little hard, and a little messy. Some people need help to do their FOBT kit. A person that I can ask for help is: _____________.

Once I am all done my FOBT, I should give myself a reward for doing a job well done! The reward I am going to have is: _____________.

"Doing an FOBT kit is a very good idea!"

Would I like to learn more about FOBT?

Do I want to watch a video?
http://ow.ly/ZtIrU

Do I want to read a booklet and look at pictures?
This is from England, so some of the information is different for us in Canada.
A pap test and pelvic exam is a way for the doctor to make sure that women are healthy. This is done when they check inside our vagina. Some people might get nervous or feel a bit uncomfortable. But, this is important to do for health and it does not take long! The doctor will tell me how often I should have this done.

Would I like to learn more about a pap test & pelvic exam?


Do I want to read a booklet? This is a booklet that can be printed out, and I can read at home. It is from England so some of the words might be different. It might also have information that is different from Canada, but it may still have information that is helpful.  

Do I want to listen to someone speak? This has drawings and a voice that I can listen to. This is on the computer.  
[http://ow.ly/ZtJmF](http://ow.ly/ZtJmF)

Adapted from Simpson K. (2001) Table Manners and Beyond: The Gynecological Exam for Women with Developmental Disabilities and Other Functional Limitations.
There are lots of things I can do to help make my pap exam better.

- Learn more about the exam before the visit.
- Visit the clinic, see the exam room, and meet the provider.
- Have help making the appointment for the exam.
- See a video about the exam.
- Have someone with me - a friend, partner, relative, etc.
- Watch someone I know have an exam (mother, sister, friend).
- Decide if I would like to see a male or female doctor.
- See a provider who speaks/understands my language:
- Have the exam on an adjustable "high/low" table designed for people with mobility problems.
- Talk with someone about my fears.
- Practice breathing relaxation techniques to help me calm down.
- Bring and listen to my favorite music.
- Have a mild medication to help calm me down.
- Do other things before the appointment to help me be prepared.
- Do other things at the time of the appointment to help me to remain calm.
- Know that I took good care of myself by having the exam.
- Reward myself afterward with something special

Adapted from Simpson K. (2001) Table Manners and Beyond: The Gynecological Exam for Women with Developmental Disabilities and Other Functional Limitations.
Type of Exam: _________________________________

I successfully completed my exam on: ______________________.

I know I can do it again!

I will plan my next exam for: Month: ___________ Year: _______.

These things were helpful to me, and I will do them again for my next exam:

1.
2.
3.

I will do these things differently for my next exam:

1.
2.
3.
# Internet Links - Websites about Health!

<table>
<thead>
<tr>
<th>Website</th>
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<tbody>
<tr>
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<td><a href="http://www.easyhealth.org.uk.ca">www.easyhealth.org.uk.ca</a></td>
<td>This website is from England. It has a lot of videos and handouts about health! It covers so many topics, and is made for people with disabilities. It is a very helpful website!</td>
</tr>
<tr>
<td>ConnectAbility</td>
<td><a href="http://www.connectability.ca">www.connectability.ca</a></td>
<td>This website has lots of information for people with disabilities and our friends and family. It has ideas on how to get services, and has a space where you can type in questions to ask other people.</td>
</tr>
<tr>
<td>Developmental Services Ontario (DSO)</td>
<td><a href="http://www.dsontario.ca">www.dsontario.ca</a></td>
<td>The DSO is the place to call so that your name can be added to waiting lists for things like day programs, a support worker, or extra money (called “Passport”). The DSO website has lots of information. You can also call them. Their phone number is 1-855-372-3858.</td>
</tr>
<tr>
<td>Magnusmode</td>
<td><a href="http://www.magnusmode.com">www.magnusmode.com</a></td>
<td>Magnusmode is an “app” (like a game!) that teaches people about different things—like, going to the doctor, going to the dentist (and fun things too!). Magnus is the boy’s name in the game, and your job is to learn new things with Magnus and earn cards along the way.</td>
</tr>
<tr>
<td>H-CARDD</td>
<td><a href="http://www.hcardd.ca">www.hcardd.ca</a></td>
<td>H-CARDD is a website about research. There is lots of information on this website. There is a section that is made just for people with disabilities, and includes handouts and videos about health!</td>
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</tbody>
</table>
A psychological assessment is a close look into how a person with a developmental disability thinks and copes with daily life. It is done by a psychologist, psychological associate, or someone who works for and is supervised by a psychologist.

It usually involves meeting with the person with the disability, asking them questions and asking them to do a number of short tasks (some that require talking and some that don’t like puzzles, or matching) and recording their responses. It also usually includes interviewing someone who knows the person really well, preferably a family member but sometimes also a staff person like; group home staff, job coach, or teacher.

A typical assessment of developmental disability can take between 2 and 4 hours in total, and for some people, it might require several shorter meetings as opposed to one long meeting. After an assessment, the person can expect to get feedback, which includes an explanation of the results of the assessment and a written report.

This is the Ontario definition of developmental disability:

According to Legislation (Services and Supports to Promote the Social Inclusion of Persons with Developmental Disabilities Act, 2008), a person has a developmental disability if the person has the prescribed significant limitations in cognitive functioning and adaptive functioning and those limitations:

- Originated before the person reached 18 years of age;
- Are likely to be life-long in nature; and
- Affect areas of major life activity, such as personal care, language skills, learning abilities, the capacity to live independently as an adult or any other prescribed activity.

This definition has 3 parts and each is considered when a psychologist does his or her assessment:

#1) Cognitive functioning, also sometimes called IQ, is measured using an IQ test.

This involves the person completing a variety of different tasks, one-to-one with the psychologist. Some tasks might be timed, and others can take as long as the person needs. The tasks usually start out easy and keep going until they get too difficult.

A person’s performance on a task is compared to how most people of the same age do on that task. If the person has a much harder time than most people of similar age, we would call this “significant difficulty with cognitive functioning.” A person can have significant difficulty across only some of the IQ test tasks, or across all of the tasks. In some situations, the person being assessed might have real difficulties doing any testing. The psychologist in this situation may need to use his or her judgment to figure out if there are cognitive limitations based on observation and reports from others.
#2) **Adaptive functioning**, or a person’s day-to-day functioning (e.g., communication, socialization, daily living, etc.) is typically assessed through an interview or questionnaires with the parent or caregiver. It refers to the skills that a person needs to be independent in many aspects of his or her life and the interview covers a number of different tasks that the person can or cannot do independently.

This interview can take anywhere from 20 minutes to an hour. Like the IQ test, how a person does is compared to what most people can do of the same age. If the person has a much harder time than most people, then that means that the person has “significant difficulty with adaptive functioning.”

#3) **Timing**: It is best that a psychological assessment be completed, ideally **before age 18**. This is because developmental disabilities have to be present before adulthood. There are other kinds of disabilities or problems that do not start until adulthood, like some types of mental illness, or a brain injury that happens in adulthood. It is the psychologist’s job to try to figure out when the problems started. Problems that only start in adulthood are not called developmental disabilities, even if problems with cognitive functioning and adaptive functioning are there.

*What if an assessment is not done before the age of 18?*

If an assessment is being completed in adulthood for the first time, the psychologist will try to get as many details as possible about what your family member was like before age 18. School records or any reports from therapists your family member may have seen as a child can be helpful in this regard. Usually, if people have developmental disabilities, there will be hints about this in report cards and school documentation or in clinic notes from health care providers they saw when they were younger.

**How do I get a psychological assessment for my family member?**

1) **Private assessments**: If you are willing to pay, you can choose to hire a psychologist privately to conduct a comprehensive assessment for your family member. The average cost for a psychological assessment is between $1500 and $3000, but can be higher depending on how long the assessment takes and how detailed it is. Often, private insurance can cover all or part of this assessment, but private assessments are **not** covered by OHIP. You can ask the psychologist in advance about what s/he plans to do in the assessment and how long it is expected to take.

2) **Referral to a hospital based psychologist or a psychologist that is part of a developmental disabilities agency**: You may be referred (by your family doctor) to an agency in your region, which will conduct the assessment. Given that this is a free service, you can expect that the majority of agencies and hospitals will have long wait lists.

3) **Through your local school board**: In Ontario, children who are having difficulties in the classroom may be assessed by a school psychologist depending on how many difficulties they have. Typically, the school board will wait until your child is in grade 3 to conduct the assessment. Many adults and older youth have had these reports done in the past and they are kept on file, even after they graduate. The school board is required to keep the file for 10 years after graduation and you can request a copy of this report.
What happens with the results?

Results from these assessments should be shared with you and your family member. They should also be forwarded to your family member's doctor and will provide recommendations on how to help your family member function in day-to-day life. Be sure to ask that any reports completed privately or through school get shared with their doctor. As well, if the individual is in need of medication or other types of interventions (e.g., Speech and Language, Occupational Therapy, Psychiatry), the assessment might make those recommendations. Lastly, the results can be used to inform an Individualized Education Plan for individuals in school, or an Individual Plan for adults.

How can I prepare for the assessment?

It is always great to bring information from other assessments that were done in the past or reports from different clinics or hospitals that had occurred in the past. This can include assessments from occupational therapists, psychiatrists, speech/language pathologists, or from teams of professionals that work together. If you don’t know if the information would be helpful, bring it along and ask the psychologist.

- Usually, you can ask for copies of any reports that have been written by different specialists about your family member.
- If your family member was in school and in special education, there should be a file which includes an assessment at the school board. These reports are typically kept on file for 10 years after graduation. It is also helpful to bring copies of report cards from many different years or any letters from school staff.
- If you know that your family member will need lots of breaks, or does better at the start or end of day, request this when booking your appointment.
- Bring snacks and let the psychologist know how to recognize that your family member needs breaks.
- Be prepared that for part of the time the psychologist may ask that you not be in the room. This is so that s/he can see how your family member does without any help or support.

It is a great idea to keep a binder of all assessments and consultations about your family member. You can give copies to the psychologist or other clinicians but keep the originals for yourself. This can save time in the future instead of asking clinicians to search for these documents each time or possibly miss out on important information from the past.
We gratefully acknowledge the Province of Ontario for their support of this Toolkit through their research grants program. The opinions, results and conclusions in this Toolkit are those of the authors and do not reflect that of the Province or the data providers.