

# Improving Health Care Services to Older Americans with Developmental Disabilities

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# ***Senescence: growing old***

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## **The Great Equalizer**

**'We all breathe the same air.**

**We all care about the future of our children.**

**And, in the end, we are all mortal.'**

(paraphrase)

John F. Kennedy

# THE CAT IN THE HAT

## On Aging



I cannot see  
I cannot pee  
I cannot chew  
I cannot ~~xxxxxxx~~

Oh my god, what can I do?  
My memory shrinks  
My hearing stinks  
No sense of smell  
I look like hell  
My mood is bad - can you tell?  
My body's drooping  
Have trouble pooping  
The Golden Years  
have come at last  
The Golden Years  
can kiss my ~~xxxxx~~.

# Aging: Developmental Disabilities

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- Family Support:
  - 20%, age 40-59 yr.
  - 5%, age 60 + yr.

- Community Residential Support:
  - 45%, age 40-59 yr.
  - 15%, age 60 + yr.

## **Life-expectancy:**

- Period of chronic illness
- Racial and ethnic disparities

## **Cause of Death:**

- Respiratory remains high
- Seizure related
- Less accidental/unexpected

# Health care services to older people with developmental disabilities within a developmental paradigm

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## **Senescence: growing old**

Health of Aging

Experience of Aging

Life-expectancy

# Care of Aging: Developmental Disabilities

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- **Many individuals with DD age very similarly to the non-DD population from a generalist's clinical standpoint.**
- **As some people with DD age, geriatric frailty is super-imposed onto a lifelong accumulation of disability-related frailty.**

# Geriatric Frailty/ Morbidity

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- State of being weak from old age.
- Debility: poor physical condition.
- Decreased mobility.
- Infirmary: burden of chronic illness.
- Astheny: an abnormal loss of strength.
- Cachexy: reduction in vitality of body and mind resulting from chronic disease.

# Care of Aging: Developmental Disabilities...

<u>AGING IN D.D.</u> (40 and above)	<u>Healthy</u> 0-1 chronic illness, No indication of weakness or mobility limitation	<u>Frail</u> 2 or more chronic illness, some indication of...
<u>Younger</u> (40-54)	Healthy & younger  33 %	Younger & frail  20%
(65 +) <u>Older</u> (55 +)	Healthy and older  20 %	Older and frail  27 %

# A Geriatric Functional Continuum

Hamerman, D. Ann Intern Med 1999;130:945-950

<b><u>Stage for Potential Intervention</u></b>	<b><u>Clinical Correlate</u></b>
<b>Primary</b>	<b>Independence/ Coping</b>
<b>Intermediate</b>	<b>Ind. with difficulty, some functional decline</b>
<b>Secondary</b>	<b>Frailty; Failure to Thrive</b>
<b>Tertiary</b>	<b>Depend., Taking to Bed, Cachexia, Pre-death</b>

# Interactive Conditions Associated with Frailty

Hamerman, D. Ann Intern Med 1999;130:945-950

- Advanced Age
- Allostatic load
- Physical Disability
- Falls and Injuries
- Polypharmacy
- Chronic diseases
- Social Status
- Cognitive State
- Physician Visits
- Nutritional Impairments
- Hip Fractures

# Disability-related health issues which impact aging

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- Osteoporosis
- Spinal degeneration
- Dementia (vs. Delirium)
- Immobility, obesity
- Constipation; bowel irregularity
- Barrett's esophagitis/ G.E.R.D.
- Feeding difficulties, dysphagia, and nutritional deficiencies
- Thyroid Disease
- Recurrent respiratory infections: hypostasis

# Disability-related health issues which impact aging

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- Spasticity and hypotonia
- Skin condition and care
- Bladder concerns; urinary incontinence
- Medication-induced symptoms and disease
- Mental health illness
- Oral health
- Vision and Hearing
- Seizure disorder

# Most common Chronic Illness...

2000 data, IA CCC, NCCCP&HP

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## **Morbidity**

- Diabetes/HTN
- CHF/HTN
- COPD
- Asthma
- Stroke/HTN

## **Mortality**

- **Heart Disease**
- **All Cancers**
- **COPD**
- **Unintentional Injury**
- **Influenza & pneumonia**
- **Alzheimer's Disease**

# Closer look at 'the actual cause' of death...

McGinnis, JAMA 1993; 270: 2207-12

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- Tobacco use
- Poor diet/ lack of exercise
- Alcohol Use
- Infectious Agents
- Pollutants/toxins
- Firearms
- Risky sexual behaviors
- Motor vehicles
- Illicit Drug Use

# Mobility and hypostasis:

skin, lungs, and vessels

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## ■ Exercise

- Better activity tolerance, greater strength, better 'oxygenation'.

## ■ vs. Motion

- Literally moving the internal parts of the body

## ■ Examples

- Stand-sit activity
- Change the chair activity
- Deep breathing activities
- Skin rub activity
- House-hold cleaning & laundry activity

# Chronic Disease Management

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- Favorable Health Outcomes
- Cost Containment
- Clinical Effectiveness
- Patient (Individual) Satisfaction
- CHF:
  - 40% hadn't had an echocardiogram
- DM:
  - 54% had not seen an oph.
  - Over 50% hadn't had a HAIC

# Burden of Chronic Illness: Allostasis...stress

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- Biological adaptive response to bodily stress
- Regulatory system
  - Hormonal
  - Immuno...
  - Glucocorticoids
  - Neural mediators
- **Theory:**
  - Chronic up-regulation of this system leads to insufficient adaptive response
- **Systems:**
  - Autonomic Nervous
  - Physiologic Thresholds
  - Immuno susceptibilities

# Fall Prevention: Aging In Place

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- 1000 hip fractures per day
- Starters
  - Vision
  - Astheny/ Cachexia
  - Dysautonomia
  - Disorientation (Meds.)
  - Innapp. Or poorly maintained AT
- Prevention...expert consult...BR, BR.
- Key to whether it is a life altering event...rehab.

# **Aging: Developmental Disabilities**

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## **Health Care Services**

- **medical support**
- **clinical support**
  - **Nursing**
  - **Mental health**
- **therapies support**

# Health care services to older people with developmental disabilities...

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## medical support

- **Timely access to clinical expertise for routine & acute health needs.**
- **Preventative screening & health promotion information and opportunities to individuals.**
- **Consideration of disability-related health issues & their impact on aging.**
- **Management of chronic illness.**

# Health care services to older people with developmental disabilities...

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## clinical nursing support

- Medication education, training, and oversight.
- Caregiver & staff engagement, education, & support.
- Foresight into medical decision making process; end-of-life transitioning and care.
- An understanding of nutritional and hydration needs.

# Health care services to older people with developmental disabilities...

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## therapies support

- A movement or activity/ exercise plan.
- Environmental & home safety; aging in place.
- An understanding of personal interests and pursuits.
- Meaningful engagement with community and transition from full-time employ or programming.

# Health care services to older people with developmental disabilities...

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## mental health support

- Early recognition
  - **Dementia**
  - **Delirium**
  - **Depression**
- Behavioral determinants
  - **Expressive intention**
  - **Medication effect**
  - **Physical symptom**
  - **Mental Illness**

# Growing old, maturing

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## *Life-expectancy*

“To live, not somehow, but  
triumphantly!”

Bertha Munro

# Growing old, maturing

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## *Healthy Aging*

“Old age is more apparent to others than to the individual...It is a new state of biological equilibrium and if the aging individual adapts...to it smoothly, he does not notice the change.”

Simone de Beauvoir