

## Intellectual Disability

### What is ID ?

Intellectual Disability occurs during the developmental period of a persons life (before the age of 18). ID is characterised by below average intellectual functioning and deficits in areas of adaptive functioning.

### What can cause an Intellectual Disability?



Challenges during pregnancy



Challenges during birth



Genetic conditions



Significant illness



Environmental factors

## A Matter of Support & Environment

The capacity of a person with an Intellectual Disability to positively participate with the world around them is significantly dependant on the level of support available (and provided) and the environment around them. All of us benefit from support systems and having some control over our environment. For persons with ID, supports such as housing services, occupational therapy, financial assistance and transportation coupled with environmental controls like physical modifications and appropriate housing form building blocks that lift capacity when they stack together.

With **support**, people living with **Intellectual Disability** can achieve **amazing** things



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# How is Intellectual Disability Assessed?

For a person to be considered to have an Intellectual Disability they must have an **IQ below 70** (average IQ is 100) and to have **challenges in at least 2 areas of adaptive functioning**. Adaptive functioning is the use of those skills that allow us to manage everyday life. Examples of adaptive functioning effected by ID include:

- self-care abilities
- receptive and expressive language
- social skills
- Understanding
- learning and remembering new things
- self-direction
- capacity for independent living
- economic self-sufficiency

INTELLECTUAL DISABILITY LABEL	IQ RANGE
borderline intellectual functioning	71-84
mild	50-70
moderate	35-50
severe	20-35
profound	<20

**ID labels can be misleading e.g. a person with 'Mild' ID will need ongoing support, especially when in contact with the Criminal Justice System. Mild is a medical label, not a descriptor**

**Intellectual Disability is DIFFERENT to Mental Illness**  
(though they may be closely associated)

Mental Illness	Intellectual Disability
Disturbances in thought processes and perception.	Thoughts are limited by cognitive ability and understanding
Diagnosed by a psychiatrist	Assessed by a psychologist
May be temporary, cyclical or episodic	Is lifelong and will not dissipate
Onset can occur at any stage of life	Onset occurs before 18 years of age
Medication can be used to manage the symptoms	Medication cannot restore cognitive ability

**Things to stamp in your mind**



**ALLOW TIME FOR PROCESSING**  
DON'T RUSH

**WHAT DOES THAT MEAN TO YOU?**  
RATHER THAN DO YOU UNDERSTAND THAT?

**ONE IDEA AT A TIME**  
**ONE SENTENCE AT A TIME**

**AVOID ABSTRACT CONCEPTS**  
BE CLEAR AND DIRECT

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