Visions Training Series State of Hawai'i Developmental Disabilities Division **Developmental Disabilities** COURSE WORKBOOK





Table of Contents

Course Overview & Objectives	3
Lesson 1: Intellectual Disability	4
Lesson 2: Epilepsy	5
Lesson 3: Down Syndrome	6
Lesson 4: Autism Spectrum Disorder	7
Lesson 5: Cerebral Palsy	8
Lesson 6: Summary	10



Course Overview

This course discusses specific disabilities. The purpose of learning the names and descriptions of the disabilities is not meant to stereotype or confine a participant. Understanding the names and descriptions of different disabilities can help you support a participant based on their individualized needs.

Developmental disabilities are often caused by a complex combination of biological and environmental risk factors. The disabilities often classified as developmental disabilities include Intellectual Disability, Cerebral Palsy, Autism Spectrum Disorder, Down Syndrome, and Epilepsy. The information provided about the various disabilities is an overview and should not replace the advice and recommendations of a participant's Circle of Support or medical professionals. The disabilities included in this course are developmental disabilities typical with participants receiving services from DDD but do not determine eligibility.

Course Objectives:

At the end of the course, you will:

Identify characteristics of the following disabilities: Intellectual Disability,
Epilepsy, Down Syndrome, Autism Spectrum Disorders, and Cerebral Palsy.

(ID): A disability characterized by significant limitations in both intellectual functioning and adaptive behavior, which covers many everyday social and practical skills. ID must originate before the age of 18.

Intellectual functioning refers to general mental capacity, such as learning, problem solving, and reasoning. An IQ test is one way to measure intellectual functioning.

Classification	IQ Score Ranges:
Mild	
Moderate	
Severe	
Profound	

: The collection of conceptual, social, and practical skills learned and performed by people in everyday life.

Types of Adaptive Behaviors:

- _____: Language and literacy; money, time, and number concepts; and self-direction.
- _____: Interpersonal skills, social responsibility, self-esteem, gullibility, social problem solving, and the ability to follow rules.
- _____: Activities of daily living, job skills, healthcare, travel or transportation, schedules or routines, safety, use of money, etc.

(EP): A brain disorder that causes a person to have recurring seizures.

Your brain is the control center of your body. Seizures happen because of abnormal electrical activity in the brain. A seizure is like a storm in the brain where too many electrical signals are firing at the same time.

There are two types of seizures: Generalized and Partial/Focal.

	: Uncontrolled electrical activity in
the whole brain. Thes	e seizures may cause the person to lose
consciousness, fall, ha	we muscle spasms, have jerking muscles all over the
body, or stare into sp	ace.

There are two types of common generalized seizures:

1.	//	Seizures:
2.	/	Seizures:
	/ one part of the brain.	: Seizures that impact

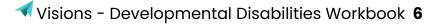
There are two types of common partial seizures:

1.	:	
2.	 :	

Visions - Developmental Disabilities Workbook 5

_____: A condition in which a person is born with an extra copy of chromosome 21.

This extra copy changes how the baby's body and brain develops, which can have physical impacts and intellectual disabilities. Persons with Down Syndrome often share common physical features, such as flattened nose, almond-shaped eyes that slant up, a short neck, and small ears. Common health issues that affect persons with Down Syndrome include heart defects, obstructive sleep apnea, hearing loss, ear infections, and eye diseases.



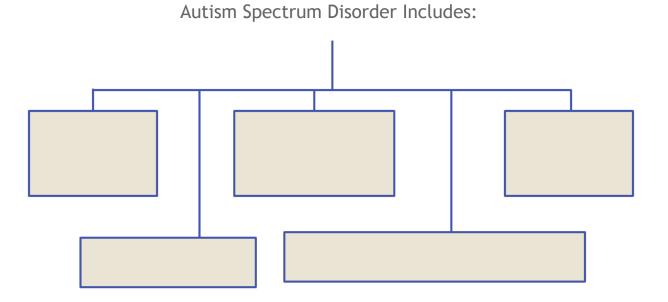


(ASD): A neurological

and developmental disorder that begins in childhood and lasts throughout a person's life.

ASD is characterized by difficulties with:	
1.	
2.	
3.	
4.	

ASD affects how a person acts around and interacts with others, communicates, and learns. ASD is called a "spectrum" disorder because people with ASD can have a range of symptoms.



_____: A group of disorders that affect the ability to move and maintain balance and posture.

Cerebral palsy happens when the areas of the brain that control movement and posture do not develop correctly or get damaged. This may cause a person with cerebral palsy to have movement disorders that may include ______ muscles (spasticity), ______ movements (dyskinesia), and/or poor ______ and _____ (ataxia).

The disorders appear in the first few years of life and although the brain condition causing cerebral palsy does not get worse, often manifestations such as muscle spasticity often become worse over time. People with cerebral palsy may have difficulty walking. They may also have trouble with tasks such as writing or using scissors. Some people with cerebral palsy have other medical conditions, including seizure disorders or intellectual disability.

Classification	Description
	Appears clumsy.
	May have a limp or use a leg brace or cane.
	Uses assistive equipment with symptoms or other conditions.



Activity: Specific Disabilities

Let's practice now. Fill in the blan

is a brain disorder that can cause a person to have recurring seizures.
an extra copy of chromosome 21 and can have physical and intellectual disabilities.
both intellectual functioning and adaptive behavior.
to move and maintain balance and posture.
developmental disorder that begins in childhood and lasts throughout life.

Lesson 6: Summary

The specific disabilities described in this course includes Intellectual Disability, Epilepsy, Down Syndrome, Autism Spectrum Disorder, and Cerebral Palsy.



Main Takeaway: Understanding the disability a person has does not mean you know the person. All people have unique needs and personalities. The description of the disability is not meant to define who they are, and supports and care should be based on a participant's choices and individualized needs and interests.

