

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.

Lesson 2



_____ (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. These seizures may cause the person to lose consciousness, fall, have muscle spasms, have jerking muscles all over the body, or stare into space.

There are two types of common generalized seizures:

1. _____ / _____ **Seizures:** _____

2. _____ / _____ **Seizures:** _____



_____ / _____: Seizures that impact one part of the brain.

There are two types of common partial seizures:

1. _____: _____

2. _____: _____



Lesson 4

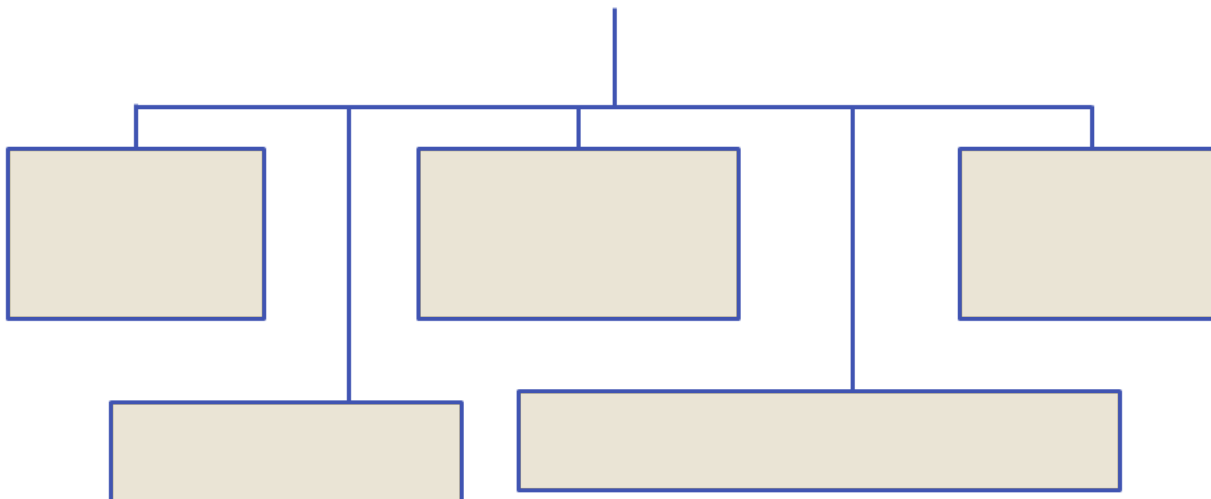


_____ (ASD): A neurological and developmental disorder that begins in childhood and lasts throughout a person's life.

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.

Autism Spectrum Disorder Includes:



Lesson 5



 : 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 blanks.

_____ is a brain disorder that can cause a person to have recurring seizures.

_____ is a condition in which a person is born with an extra copy of chromosome 21 and can have physical and intellectual disabilities.

_____ is characterized by significant limitations in both intellectual functioning and adaptive behavior.

_____ is a group of disorders that affect the ability to move and maintain balance and posture.

_____ is a neurological and 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.