



# Health Care for Adults with Intellectual and Developmental Disabilities

## *Toolkit for Primary Care Providers*

(Information available at no charge)



**iddtoolkit.org**

The IDD Toolkit is a website that provides information to primary care clinicians and mental health providers to enhance the health care of adults with intellectual and developmental disabilities.

Although the Toolkit offers clinicians information about specific physical and behavioral health concerns of adults with IDD, it also has resources for patients with IDD, families, and support staff.

### **THESE TOOLS MAY HELP PATIENTS, FAMILIES AND SUPPORT PERSONS**

#### **APPROACHES TO CARE**

- My Health Care Visit—a form for patients to complete before and after appointments
- My Hospital Visit—a form to take to the hospital outlining needed accommodations
- About My Health (Surrey Place)—a form for patients explain their health and their needs

#### **PHYSICAL HEALTH**

- Epilepsy, including a first aid tip sheet, and guidance for families/support staff
- Monitoring charts for health issues such as sleep, blood sugar, and bowel movements

#### **HEALTH WATCH TABLES**

- Autism (newly revised)
- Down Syndrome (newly revised)
- And more

#### **MENTAL AND BEHAVIORAL HEALTH ISSUES**

- My Coping Tool—a form for patients to say what helps and what stresses them
- Crisis Prevention and Intervention Plan—a form to complete to help reduce crises

The tools are easy for patients and families to print out and share with clinicians. To learn more contact: [janet.shouse@vumc.org](mailto:janet.shouse@vumc.org)

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