

MAKE REFERRALS FOR SERVICES TO SUPPORT HEALTHY HABITS

for Patients with Intellectual and Developmental Disabilities

Children with intellectual and developmental disabilities (I/DD) often have different needs related to their diagnoses. No single provider is expected to address all of these needs, but a child's health care provider should become familiar with available services and be able to refer a patient to professionals who can help address challenges. Here are some common challenges and the type of professionals who can help address them.

HEALTHY EATING CHALLENGES	REFERRAL
Sensitivity to food tastes and textures–	Occupational Therapist and/or Speech and Language Pathologist
Highly selective eating	Registered Dietician, Occupational Therapist, and/or Speech and Language Pathologist
Low muscle tone around the mouth	Occupational Therapist and/or Speech and Language Pathologist
Poor posture that interferes with sitting and with eating	Occupational Therapist
Seeks unhealthy snacks throughout the day	Board Certified Behavior Analyst and/or Psychologist
Challenging behavior during snack and meal times	Board Certified Behavior Analyst and/or Psychologist
PHYSICAL ACTIVITY CHALLENGES	REFERRAL
Delayed motor skills impacting activity level	Physical Educator, Adapted Physical Educator, Physical Therapist, and/or Recreational Therapist
Difficulty understanding game rules	Adapted Physical Educator and/or Speech and Language Pathologist
Social skill deficits that prevent involvement in group activity	Speech and Language Pathologist and/or Social Worker
Difficulty finding an inclusive after school program	Social Worker
Tires easily during physical activity	Physical Educator and/or Adapted Physical Educator
Over-stimulated by physical activity	Physical Educator, Adapted Physical Educator, and/or Occupational Therapist
Exaggerated fear of injury during physical activity	Adapted Physical Educator and/or Social Worker
Not meeting daily recommendation for physical activity	Physical Educator, Adapted Physical Educator, and/or Recreation Therapist

Some of these challenges may not seem major, but it is important for health care providers to take seriously any barrier a patient experiences to eating healthy or being physically active. Early intervention is key to promoting healthy behaviors for children with I/DD.

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LET'S GO!

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