

Changing the Way We Care for Adults with Intellectual and Developmental Disabilities: A Plain Language Guide



We made two videos that tell doctors, nurses, medical office staff, and other health care workers about how they can make health care better for their patients with intellectual and developmental disabilities. You can share the videos with your health care team to start a conversation about how they can make care better for you.

Video 1 – Communication and Respect

This video talks about some of the things that make getting good medical care hard for adults with intellectual and developmental disabilities. It talks about what can happen when someone does not get good care and extra challenges that people of color with intellectual and developmental disabilities experience. Six adults with an intellectual or developmental disability and one parent of an adult with an intellectual or developmental disability talk about their experiences with health care. We also hear from health care workers and policy experts about how to provide good health care to adults with intellectual and developmental disabilities.

By the end of the video, a doctor, nurse, and other health care workers will learn:

- That people with disabilities are experts on their disability and their medical care
- How unfair treatment because of race and other identities impact care
- Why accommodations are important for people with disabilities
- How they can make a health care visit accessible

Video 2 – The Transition to Adult Care

This video talks about the time when young adults leave their childhood doctors and health care teams, and start seeing a doctor and other health care workers that works with adults with disabilities. This period of time can be very hard and scary, and doctors and health care workers may not know that. In the video four adults with an intellectual or developmental disability and two parents of adults with an intellectual or developmental disability talk about what that change to a new doctor or a new member of their health care team was like. We also hear from medical providers and policy experts about how medical teams can help adults with intellectual and developmental disabilities through this time.

By the end of the video, a doctor, nurse, and other health care workers will learn:

- Why this time is hard and what other services may change at the same time
- How they can welcome young adults who are visiting their office for the first time
- How this change can be more difficult for young adults of color and other adults in overlooked communities