

# A Guide to Intellectual & Developmental Disabilities (I/DD)



## What is I/DD?

I/DD is a developmental condition, usually present at birth, that significantly affects intellectual functioning, adaptive behavior, and emotional functioning.

## What Causes I/DD?

There are a variety of causes for I/DD. It can be caused by prenatal conditions such as poor maternal health, complications during birth, or environmental conditions that occur after birth. I/DD can also be a result of genetic disorders and chromosome deficiencies.

## What are Environmental Causes?

Environmental causes are directly related to factors of the individual's environment such as pregnancy complications, and exposure to toxins such as lead, and/or mercury.

## Evaluation of I/DD

In order to properly understand and work with an individual with I/DD, it is crucial to first determine the cause. This can be done by genetic counseling, taking a look at family medical history, and physical exams. This can be helpful in identifying future risks.

## What are the Most Common Types of I/DD?

The most common types of I/DD include autism, Down syndrome, fragile x syndrome, fetal alcohol syndrome, and Prader -Willi syndrome.

## Characteristics of I/DD

Common characteristics of those with I/DD include issues with learning, problem-solving, and adaptive behavior. It also is characterized by a lack of social and life skills.