CLÍNICA VIVALDI · FREE SHEET · NEURODEVELOPMENTAL

Intellectual disability

Limitations in intellectual functioning (thinking, planning, learning) and adaptation to daily life, which appear during development. Its degree (mild, moderate, severe or profound) is mainly defined by the supports the person needs.

COMMON SIGNS

- Delay in developmental milestones and school learning
- Difficulty understanding rules, money or time
- Needs support for everyday independence

TIPS FOR YOU

1. Ask for a neuropsychological assessment to understand their profile of strengths and support needs
2. Use short instructions, visual supports and stable routines
3. Encourage independence with small steps and praise every achievement

FOR FAMILY AND FRIENDS

1. Speak in short sentences and check they have understood
2. Celebrate every step towards independence, however small

WHEN TO ASK FOR HELP

1. If you notice they are losing skills they already had
2. If there are sudden changes in behaviour or mood

TO OBSERVE AND NOTE DOWN

☐ Finds it harder than others their age to learn new things

☐ Needs help with daily tasks that others their age do alone

☐ Finds it hard to understand money, the time or the calendar

☐ Needs instructions repeated several times

☐ Finds it hard to foresee the consequences of what they do

☐ Their language is simpler than that of others their age

☐ Finds it hard to adapt to new situations

☐ Needs support at school or work to keep up

FREE RESOURCES

- Online test and tips: clinicavivaldi.com/en/trastorno/discapacidad-intelectual
- Plena inclusión: intellectual disability (Spain): https://www.plenainclusion.org/
- Free guide: Childhood and youth: clinicavivaldi.com/en/guia-infancia-juventud
- In Spain: 024 suicide crisis line (24 h) · Emergencies 112