Aging with Grace

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Presenters & Disclosures

No conflicts of interest to disclose

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Learning Outcomes

By participating in this session, you'll be able to:

- Explore the importance of how unique the experience of menopause is for every individual with the goal of creating a personalized care plan
- Discuss examples of gaps and resources.
- Be able to advocate for strategies and identify resources in creating a care plan for aging with grace.

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Historical Context:

Most individuals with any form of intellectual developmental disability lived in Provincial Institutions prior to the 1970's

Aging in institutions was dramatically different than what is occurring in the community today.

Average age of death of persons in Canadian institutions in 1976 – 1978:

Males: 36.6 years

Females: 37.9 years

Image courtesy of Remember Every Name Survivors Group

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People with Intellectual Disabilities Living Longer

Despite lifespan improvements, studies of *children & adults*, find that:

- The average age of death - 20 years younger than general population in high-income countries. Influenced by
  - Profound disability
  - Co-morbidities (e.g., epilepsy)
  - Specific genetic syndromes
- Possibility of deaths that are avoidable with good healthcare interventions

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Intellectual Developmental Disabilities (IDD)

Down Syndrome

Fragile X

Autism

Fetal Alcohol Spectrum

Cerebral Palsy

Prader Willi

Learning Disability

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Plus 45 Clinic

- 45 y/o and up (unless suspected dementia at an earlier age)
- Interdisciplinary team that provides services rapidly to clients with complex challenges who are **experiencing functional decline/memory issues**
- Service includes Geriatric Psychiatry consultations, Registered Behaviour Analyst consultation, Clinical Nursing Specialist Consultation, Transitional Services Coordination and referrals to other Surrey Place core services such as Occupational Therapy, Counselling, Psychology
- What is an appropriate referral?

https://www.surreyplace.ca/services/plus-45-clinic

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The Three Stages of Menopause

Perimenopause
2-8 years before menopause; symptoms can include hormonal changes, irregular menstruation, and hot flashes

Menopause
The point in time twelve months after a woman's last period

Postmenopause
Symptoms may ease; health changes include increased risk for osteoporosis and heart disease

https://womenshealth.gov/menopause/menopause-basics

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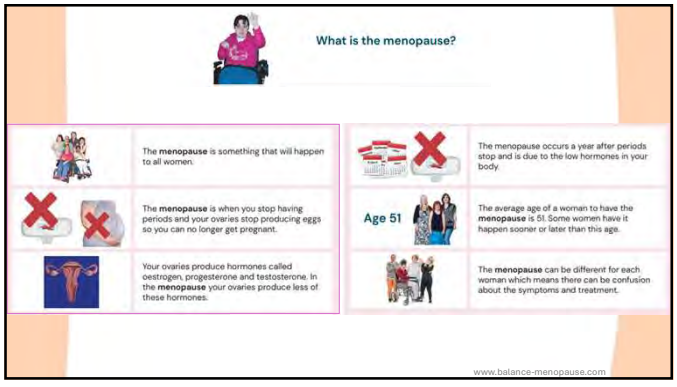

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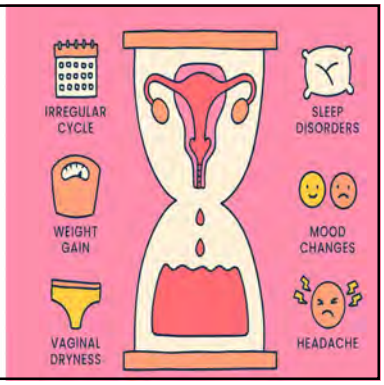
Menopause Symptoms

- May last 6 months to many years
- Caused by hormonal fluctuations
- Secondary symptoms from other physical changes associated with aging
  - Hot flashes
  - Night sweats
  - Palpitations
  - Sleep disturbances
  - Anxiety attacks
  - Difficulty concentrating
  - Fatigue
  - Irritability
  - Memory loss
  - Mood swings
  - Joint aches/pains without swelling
  - Changes in eye and oral health



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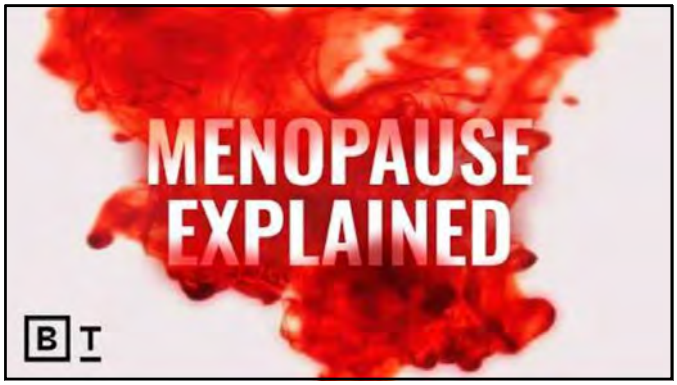

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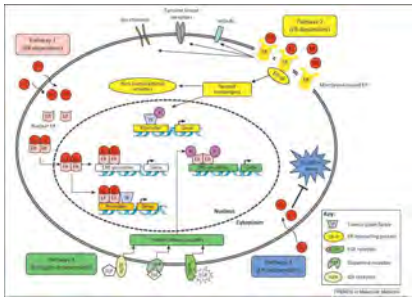
Estrogens



Cui, Shen & Li, 2013

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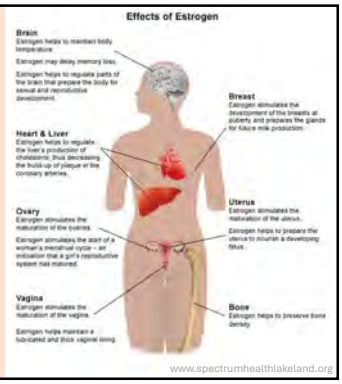
Estrogens & Aging

Estrogen body systems impact:

- Neuroprotection
- Brain blood flow
- Growth factor production
- Blood vessel wall changes
- Bone metabolism



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Physiology – Examples of Impacts

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Public Health Challenges related to Menopause

Perimenopausal women need access to quality health services and communities and systems that can support them. Unfortunately, both awareness and access to menopause-related information and services remain a significant challenge in most countries. Menopause is often not discussed within families, communities, workplaces, or health-care settings.

The World Health Organization(WHO)

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Supporting Men

- Prostate Health
- ITU Screening
- Depression
- Heart Health
- Arthritis and Pain

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Supporting transgender people

There is a program of Sherbourne Health, Rainbow Health Ontario creates opportunities for the healthcare system to better serve 2SLGBTQ communities.

RHO offers training for healthcare providers across the province to feel more clinically and culturally competent in caring for their 2SLGBTQ service users. RHO also supports system change by producing evidence-based print and web resources, contributing an 2SLGBTQ health perspective to public policy processes, acting as a research catalyst and hosting Canada's largest 2SLGBTQ health conference.

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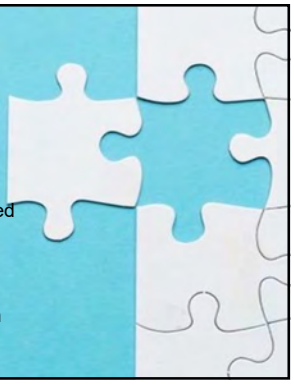
What Are the Gaps

- Diagnostic overshadowing
- Age limitations that act as a barrier to services
- Mood changes looked at by psychiatry but menopause is not always considered as a factor
- Change in behaviour is labeled as a "behaviour that challenges" the care team
- Cost of private menopause experts can be a significant barrier to care



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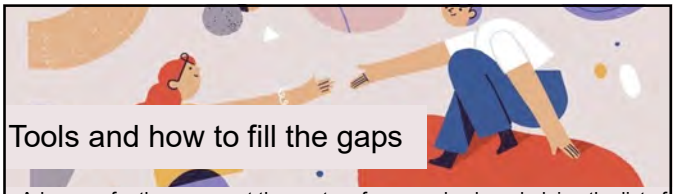

Tools and how to fill the gaps

- Advocacy for the person at the center of care and acknowledging the list of symptoms that come with peri / menopause
- Ask for checks; how can someone articulate that they are feeling out of themselves
- Presentation of emerging symptoms – importance of understanding a person at their baseline

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Health Check

A Comprehensive Health Assessment of Adults with Intellectual and Developmental Disabilities

INTRODUCTION

The Health Check is a tool to organize a comprehensive health assessment, including physical exam, for adults with intellectual and developmental disabilities (IDD). The tool provides an IDD perspective on a task that is familiar to family doctors and primary care nurse practitioners. It identifies health problems common in adults with IDD that are different from the general population, and provides tips and resources to facilitate diagnosis and management.

RELATED GUIDELINES

Comprehensive Health Assessments

RELATED TOOLS

About My Health

My Health Care Visit

Health Watch Tables

SHARE

https://ddprimarycare.surreyplace.ca

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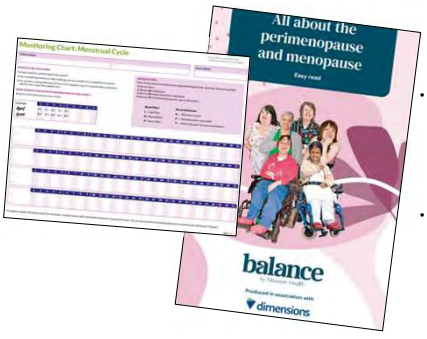

Examples of Tools for People & Caregivers

- Easy-read tools, e.g., https://balance-menopause.com/uploads/2023/06/All-About-the-Perimenopause-and-Menopause-Easy-Read-REDUCED.pdf
- DD Primary Care Program tools https://ddprimarycare.surreyplace.ca/

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Tools for Health Care Providers

https://ddprimarycare.surreyplace.ca

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Resources

- https://menopause.org/patient-education/menopause-topics/sexual-health
- https://www.sexandu.ca/
- https://www.menopauseandu.ca/resources/
- https://www.rainbowhealthontario.ca/trans-health-knowledge-base/how-do-i-access-or-start-hormone-replacement-therapy/
- https://www.cayahealthcentre.com/post/the-menopause-in-transgender-and-gender-diverse-individuals/
- https://www.rainbowhealthontario.ca/resource-library/sherbourne-healths-guidelines-for-gender-affirming-primary-care-with-trans-and-non-binary-patients/
- https://www.rainbowhealthontario.ca/TransHealthGuide/
- https://www.who.int/news-room/fact-sheets/detail/menopause

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