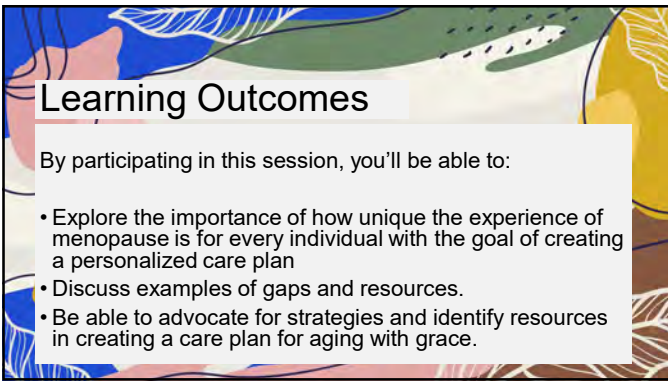




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3

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

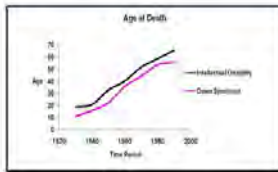
Females: 37.9 years



Image courtesy of Remember Every Name Survivors Group

4

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



(Hwang et al., 2014)

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Intellectual Developmental Disabilities (IDD)



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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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What is the menopause?



The **menopause** is something that will happen to all women.



The **menopause** is when you stop having periods and your ovaries stop producing eggs, so you can no longer get pregnant.



Your ovaries produce hormones called oestrogen, progesterone and testosterone. In the **menopause** your ovaries produce less of these hormones.



The menopause occurs a year after periods stop and is due to the low hormones in your body.

Age 51



The average age of a woman to have the **menopause** is 51. Some women have it happen sooner or later than this age.



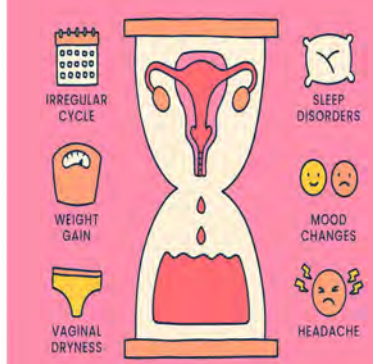
The **menopause** can be different for each woman which means there can be confusion about the symptoms and treatment.

www.balance-menopause.com

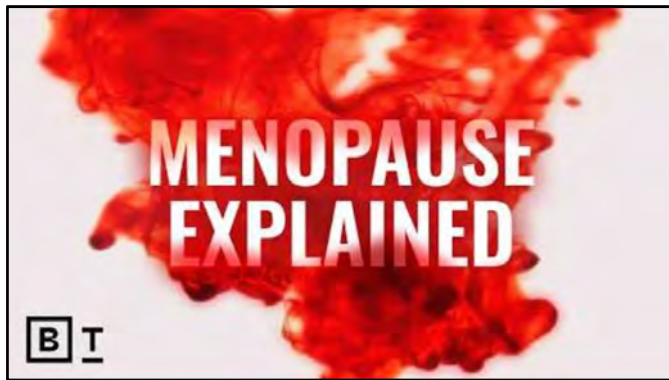
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Menopause Symptoms

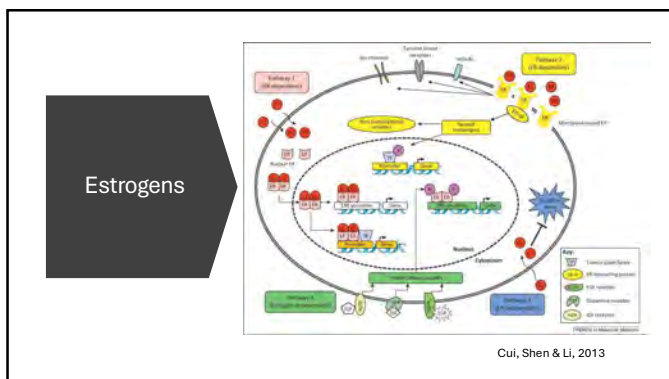
- May last 6 months to many years
- Caused by hormonal fluctuations
- Secondary symptoms from other physical changes associated with aging
 - Hot flashes
 - Night sweats
 - Palpitations
 - Sleep disturbances
 - Anxiety attacks
 - Difficulty concentrating
 - Fatigue
 - Irritability
 - Memory loss
 - Mood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



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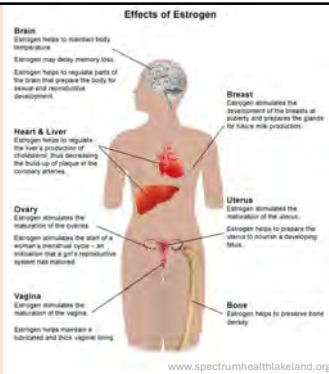


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Estrogens & Aging

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



What causes the menopause?



Balance App Limited 2023

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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.

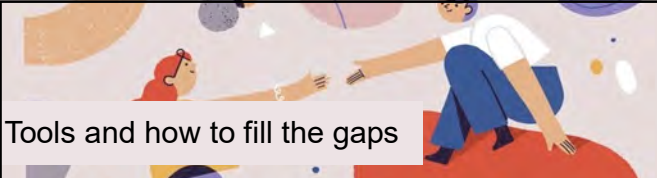
RHO offers training for healthcare providers across the province to feel more clinically and culturally competent in caring for their 2SLGBTQ service users. RHO also supports system change by producing evidence-based print and web resources, contributing an 2SLGBTQ health perspective to public policy 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](#)

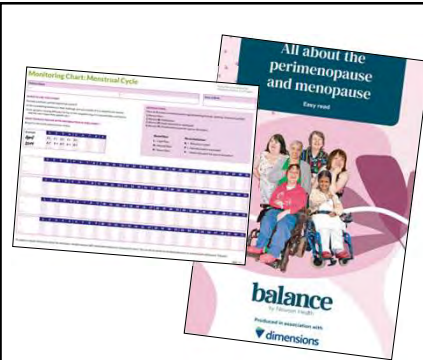
[Health Watch Tables](#)

SHARE

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<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>

SURREY PLACE Home About Us Primary Care Guidelines COVID-19 Primary Care Tools

Search the Guidelines on Tools for Primary Care

Primary Care Guidelines
About Primary Care Guidelines

Women's Gynecological and Reproductive Health

ASK ABOUT MENOPAUSAL SYMPTOMS EARLY
Ask perimenopausal women with IDD about menopausal symptoms at an earlier age than women without IDD.¹⁹²

Menopause occurs earlier among women with IDD, especially those with certain genetic disorders such as Down syndrome, than among women in the general population. Women with IDD are often unaware of symptoms associated with menopause (eg, disturbed sleep).¹⁹²

RECOMMENDATION STRENGTH TYPES OF KNOWLEDGE BACKGROUND

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MQ6 ABOUT MQ6 ASSESSMENT TOOL FOR HEALTHCARE PROFESSIONALS FOR WOMEN* MENOPAUSAL HEALTH PROMOTION

utilized by both healthcare professionals and women.

The MQ6 tool can be easily administered by healthcare professionals during clinical encounters. A fillable binary PDF version of the MQ6 tool (see below) can be completed on line or provided to the patient for completion in the waiting room or in absence of the visit.

Women can also review the patient information on this website and complete the women's fillable binary PDF version of the MQ6 tool to use as a starting point for discussion with their healthcare providers.

The access the fillable versions of the MQ6 tool, click below.

MQ6 TOOL PDF FOR HEALTHCARE PROFESSIONALS

MQ6 TOOL PDF FOR WOMEN

MQ6 TOOL FOR MOBILE DEVICES

THE MENOPAUSE QUICK 6 SCREEN (MQ6)
Key questions to ask perimenopausal and menopausal women in assessing their need for treatment.

1. Any changes in your periods?
2. Are you having any hot flashes?
3. Any vaginal dryness or pain or sexual concerns?
4. Any bladder issues or incontinence?
5. How is your sleep?
6. How is your mood?

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How to treat the symptoms of menopause

If a woman's symptoms are disrupting her daily life, she may want to talk to her doctor or nurse about treatments to help things she can change in her life.

Treatments can change her:

1. Hormone replacement therapy (HRT). This is tablets, skin patches, gels and injections that give the woman more estrogen.
2. Estrogen creams, gels or vaginal pessaries for relief and vaginal dryness. Or you can use a soft flexible ring or tablet inserted inside your vagina to help with dryness.

Vagiva

www.balance-menopause.com

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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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