



RESEARCH RUNDOWN

About Dementia in Adults with an Intellectual Disability Living in Manitoba

We wanted to learn more about adults who live in Manitoba with an intellectual disability and who have dementia. We looked at health records to find out how common dementia is, who is affected, and where they live. This information will help us identify the healthcare and service needs of aging adults with an intellectual disability in Manitoba so we can better support this population.

What is this research about?

As individuals with intellectual disabilities are living longer, conditions related to aging, like dementia, may become more common. We wanted to learn more about adults who live in Manitoba with an intellectual disability and who have dementia. We examined health records to find out how common dementia is, who is affected, and where they live. This information has helped us to identify healthcare and service needs of aging adults with an intellectual disability in Manitoba. What we have learned from this research will help us to better support this population.

What did the researchers do?

First, we reviewed 33 years of data from hospitals and physicians to find out how many adult Manitobans do or do not have an intellectual disability. We also looked at whether these individuals were assessed for dementia.

Next, we looked at a smaller and more recent subset of that data to find out what proportion of people also had dementia. We compared proportions of adults aged 18 - 55 years and those aged 55+ years.

What did the researchers find?

From our 33-year dataset we found that there were 980,172 (99.13%) adults in Manitoba without an intellectual disability and 8,629 (0.87%) with an intellectual disability. The average age of adults with an intellectual disability (40 years) was several years younger than the rest of the population (47 years). Adults with an intellectual disability were also more likely to be assessed for

What you need to know:

We reviewed health records of adults who live in Manitoba with an intellectual disability and who have dementia to find out how common dementia is, who is affected, and where they live. This information will help us in developing programs and policies to better support aging adults with an intellectual disability in Manitoba.

dementia, and at a younger age. This means that adults with an intellectual disability are at a higher risk of showing signs of dementia earlier in their life.

Looking at our 5 year dataset, 8,655 adults with an intellectual disability lived in Manitoba in 2012. Most of these adults were between the ages of 18 - 55 years (73.7%), and 26.3% were over the age of 55 years. There were 704 (8.1%) adults with an intellectual disability who also had a diagnosis of dementia. This proportion is three times higher compared to adults without an intellectual disability (2.6%). Of those with an intellectual disability and



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dementia diagnosis, more were women (53%) than men (47%). A higher proportion of younger adults (18 - 55 years) had an intellectual disability and dementia (42%) compared to those without an intellectual disability (22%). About one third of the adults with an intellectual disability and dementia lived in long-term care facilities.

Why is it important?

This research is important because it provides the most recent and reliable estimates of the number of adults with an intellectual disability and dementia in Manitoba. Our findings have helped to identify the healthcare and social support services needs of the aging population of individuals with an intellectual disability in Manitoba. This information will directly inform the development of programs and policies to better support people diagnosed with an intellectual disability and dementia.

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