# Answers to Questions in the Workbook, Chapter 40, Caring for People With Developmental Disabilities

Activity A FILL IN THE BLANKS

* 1. A developmental disability is a permanent disability that interferes with the person’s ability to achieve developmental milestones.
  2. A developmental disability may be congenital (something a child is born with) or acquired (occurring after birth, as a result of trauma or illness).

Activity B IDENTIFY

* 1. C
  2. C
  3. A
  4. A
  5. C
  6. A
  7. C
  8. C

Activity C MATCHING

1. f

2. a

* 1. b
  2. c
  3. e
  4. d

Activity D SHORT ANSWER

Many children with developmental disabilities go to public school alongside friends and classmates who have no disabilities. This is called mainstreaming. Mainstreaming benefits children with developmental disabilities by making them feel less isolated. Children with disabilities who are “mainstreamed” often have higher self-esteem and better social skills. Mainstreaming also benefits children who are not disabled by making them aware that people with disabilities are just like they are, except that they need extra help to do certain things.

Activity E FILL IN THE BLANKS

1. A person with an intellectual disability has certain limitations with intellectual functioning and adaptive skills.

2. Intellectual functioning is the ability to reason, think, and understand.

3. Adaptive skills are skills needed to live and work, such as communication skills, social skills, and self-care skills.

4. A person may be identified as having an intellectual disability if they have an intelligence quotient score of less than 70 points and limited adaptive skills in two or more areas.

5. With special education, a person with mild intellectual disability is usually able to achieve a third- to sixth-grade learning level and master the skills needed for socially appropriate behavior.

6. People with moderate intellectual disability have delays in both motor (manual) skills and speech development.

* 1. With special education, people with severe intellectual disability are able to learn some communication and basic self-care skills, such as how to feed themselves.
  2. People with profound intellectual disability have minimal function in all developmental areas, physical and mental.
  3. Down syndrome is a developmental disability that results from a genetic disorder.

Activity F SHORT ANSWER

Allison has moderate intellectual disability that makes her function mentally at the level of an 8-year-old, but she also experiences the same hormonal changes and sexual drives as everyone else. Because she may not understand what is happening, these physical drives may be very confusing. She may tend to be very trusting, and because she is not able to understand what is happening to her, she could be a target of sexual abuse. When caring for Allison, a nursing assistant should help Allison to learn about appropriate touch and sexual behavior. In addition, the nursing assistant must help to protect Allison by being especially observant for signs of sexual abuse.

Activity G TRUE OR FALSE

1. F. A person with Down syndrome has 47 chromosomes.

2. T

3. F. A person with autism spectrum disorder has extreme difficulty COMMUNICATING AND RELATING TO OTHER PEOPLE AND SURROUNDINGS.

4. F. Cerebral palsy is caused by damage to the CEREBRUM, the part of the brain involved with motor control.

5. T

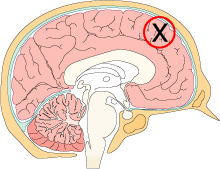
6. F. Fragile X syndrome is an inherited type of intellectual disability caused by A DEFECT IN THE X CHROMOSOME.

7. T

8. T

9. T

* 1. F. Hydrocephalus results from a buildup of cerebrospinal fluid (CSF) IN THE VENTRICLES OF THE BRAIN.
  2. F. People who have FRAGILE X SYNDROME usually have moderate to severe intellectual disability and may have physical characteristics such as large ears; a long face; and soft skin.

Activity H FILL IN THE BLANKS  
  
  
Cerebral palsy can affect body movements in two different ways. One type of cerebral palsy causes spasms and shortening of the muscles. The affected joints may develop contractures. The second type of cerebral palsy causes involuntary movements of the arms, legs, and upper body. Facial and tongue muscles may also be involved, making the person frequently move around their lips and tongue.

Activity I SHORT ANSWER

1. Reasons why a person with a developmental disability might have trouble communicating: (1) limitations on intellectual functioning for learning language; (2) limitation of motor skills for speaking; (3) vision or hearing problems. Things a nursing assistant can do to improve communication: (1) Learn to “read” the person’s nonverbal communication; (2) ask family members what communication methods they have found work best with the person; (3) use simple words and short phrases; (4) smile and use a gentle touch to let the person know you care about them.

2.

* + 1. Jonas will need help cutting his food, opening packages, and bringing the utensils to his mouth. Assistive devices might allow him to cut the food and bring the utensils to his mouth independently. He may need gentle reminders from the nursing assistant to keep him on track during the meal.
    2. Brendan will need complete assistance with his evening care. The nursing assistant will need to wash his face, brush his teeth, and get him into his pajamas.
    3. Suki may be able to dress herself using assistive devices. She may need help if the uniform buttons or zips.

Activity J CROSSWORD

**Across**

2. Autism

4. Cerebral palsy

7. Fragile X syndrome

**Down**

1. Intellectual disability

3. Spina bifida

5. Down syndrome

6. Congenital