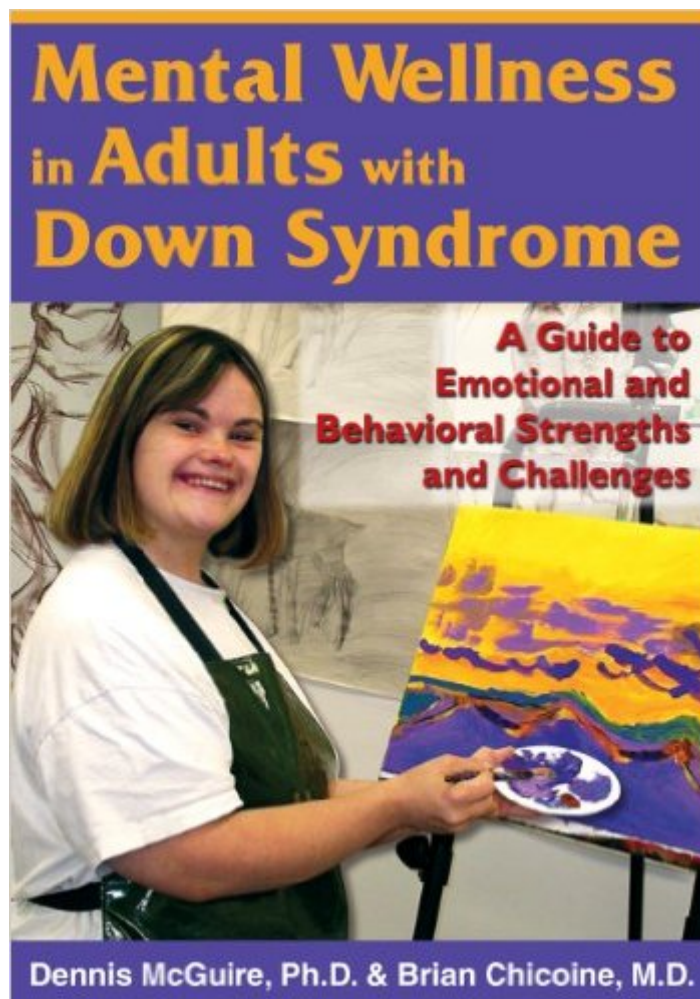


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# Mental Wellness In Adults With Down Syndrome: A Guide To Emotional And Behavioral Strengths And Challenges



## **Synopsis**

(2007 Independent Publisher Award, Bronze Medalist in Psychology/Mental Health category) (2006 ForeWord Magazine's Book of the Year Award: Finalist in Psychology Category) (2006 Best Books Book Awards, Psychology/Mental Health Finalist) In this groundbreaking book, the founding directors of the Adult Down Syndrome Center of Lutheran General Hospital in Park Ridge, Illinois the first and premier facility of its type in North America share nearly 30 years of combined experience treating more than 3,000 adolescents and adults with Down syndrome aged 12 to 83. **MENTAL WELLNESS** is an invaluable resource for parents, mental health professionals, teachers and caregivers who want to understand better how to promote mental health and resolve psychosocial problems in people with Down syndrome. This authoritative, easy-to-read guide clarifies what are the common behavioral characteristics of Down syndrome, how some can be mistaken for mental illness, and what are the bona fide mental health problems that occur more commonly in people with Down syndrome. As McGuire and Chicoine describe these traits and mental health issues, they also explain, through detailed observations and case studies based on their patients, how parents, caregivers and adults with Down syndrome can work together to foster mental wellness. In addition, the authors discuss the importance of regular assessment and how behavior and mental well-being can be affected by environmental conditions, social opportunities, and physical health. The first section of the book offers a wealth of knowledge and insight about typical behavioral traits of Down syndrome and how to work with them to encourage mental wellness on a day-to-day basis. Topics include: Community and Family Support Self-Talk and Imaginary Friends Communication-Related Problems Memory Strengths and Deficits Emotional Development Tendencies Toward Sameness and Repetition Self-Esteem and Self-Image Lifespan Issues The second section on mental illness includes chapters on such conditions as: Depression and Other Mood Disorders Anxiety Obsessive-compulsive disorder Tic Disorders Repetitive Movements AD/HD and Other Impulse Control Issues Autism Alzheimer disease In each case, the authors describe the problem signs, the diagnostic process and a range of treatment options, such as counseling, behavioral therapy and medications. Now, thanks to **MENTAL WELLNESS**, readers all over the world can pay a virtual visit to the Adult Down Syndrome Center and benefit from the insight and expertise of Drs. McGuire and Chicoine. Anyone who knows or cares for an adult with Down syndrome will undoubtedly understand them better after reading this guide. Also by Drs. McGuire and Chicoine: *The Guide to Good Health for Teens & Adults with Down Syndrome*

## **Book Information**

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## Customer Reviews

Ever since we were kids, I've been told my brother wouldn't live much longer. He's 18 months older than I am and has Down Syndrome. First the doctors said he wouldn't live past 10. Then he was expected to die before the age of 20. He did have some health problems, but none were life-threatening, and he grew up to be strong and athletic. Then, as he reached 40, I read reports claiming that "all" adults with DS would develop Alzheimer's Disease, usually in their 40s. This was an awful prospect! But now, at 53, he continues to be much the same - a little more set in his ways, perhaps - but healthy, capable, and active. When I learned about the book, "Mental Wellness in Adults with Down Syndrome", I ordered it immediately and have read it with great interest. It was fascinating to learn that adults with DS are no more likely to die young than anyone else, as long as they receive appropriate medical care, and that the incidence of Alzheimer's in this population is no more common than in the general population. Rather, it has been common for health issues to be ignored or not treated because they are often attributed to Down Syndrome instead of a treatable condition. And misunderstandings in the medical community of what is normal mental functioning in adults with DS have led to misdiagnoses of Alzheimers in many cases. This book has been a real eye-opener for me, and helped me understand my brother and appreciate him even more. It's about time!!!

I am the mother of a 34 year old daughter with Down syndrome, and this is one of the best books on DS that I have ever seen. It is well written in understandable language and offers practical

suggestions and steps to take. The authors of this book have worked with thousands of adults with Down syndrome at the Adult Down Syndrome Center in Illinois, and they really know their stuff. The book touches on all aspects of life for adolescents and adults with DS. There is a lot on what factors influence well-being and how physical problems can affect behavior. It addresses when things are "normal" and when to worry. The book is well organized, so you can go to the sections that apply to your situation. And if the person in your life with DS doesn't have any behavioral issues now, this book can help you keep it that way. I highly recommend this book.

There are none better than Brian Chicoine, MD and Dennis McGuire, Ph.D to write a comprehensive book regarding adults with Down syndrome. The information in this book is founded by research of literature, discussions with experts from around the world, and from hands-on care for over 3000 unique adults with Down syndrome from across the country. The authors are the life-blood of the Adult Down Syndrome Center in Dempster, IL - a one-of-a-kind clinic - and are two people who are doing this work for all the right reasons. In this book you will read their thoughtful review of difficult topics from literature and day-to-day interactions with adults with Down syndrome, young and old, their parents, guardians, and care givers. They raise interesting questions about "the right to choose" and the incidence of Alzheimer disease in people with Down syndrome. Most of all, they share what they have learned in the hopes that this information can shape the course of medical care for people with Down syndrome in a positive, proactive manner. There is much to learn here - from two of the most compassionate, caring, and most intelligent people working in the "area" of Down syndrome today. You will not be disappointed.

This is the best book on this topic I have ever seen! We will soon be responsible for my 44 year old sister-in-law. This book is unlocking some of the mystery of her actions and habits. I have already recommended this book to other parents of down syndrome children. I'm impressed enough to put this book on my keep for life shelf! Thank you so much for offering such an informative book! Keep up the good work. Jean

Adults with Down Syndrome are often misunderstood and a lack of patience on the part of the listener adds to the frustration. This authoritative book written by physicians provides accurate information for parents, caregivers, physicians, teachers and anyone needing to better understand persons with Down Syndrome. Although I have found the information very helpful in understanding some reasons why persons with Down Syndrome have characteristic needs and behaviors, I fear

that the use of this information could lead to an over generalization and dismissal of behavior simply as a part of the Down Syndrome. To the credit of the authors, the book talks about this issue and appropriately supports the attitude of treating persons with Down Syndrome as individuals and looking for personal histories when trying to understand their needs. The information provided gives us many things to consider when trying to understand a person with Down Syndrome. I would whole heartedly recommend this book. It is about time this information came out in a very easy to read and well organized manner.

I work in the healthcare field with persons with Mild Mental Retardation including Down's Syndrome. I'm also a grad student and have taken several courses in this area. This book is a revelation. The first thing that's great is that it's a practical manual specific to just Down's (most caregiver manuals are so broad as to be virtually useless). This book has answers to real world problems culled from experience and insight. It does a great job at systematizing a lot of the knowledge out there and coming up with ways to apply it. The concept of "groove", chapter on OCD and Down's (something I was having a problem with with a specific client I work with and haven't seen anything useful written on) and Time Perception were all really good. Lots of helpful, PRACTICAL information and not a bunch of the kind of garbage educational theory and psychobabble that passes as scholarship nowadays. This stuff works. I've used it already. It is obviously written by people who actually work with people with Downs and not ivory tower bureaucrats. If you're a caregiver, work with persons with Downs' or are a concerned parent, buy this one ASAP. I can't say enough good things about this book.

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Fine Motor Skills for Children with Down Syndrome: A Guide for Parents and Professionals (Topics in Down Syndrome) by Maryanne Bruni (2006-04-10)  
Teaching Reading to Children With Down Syndrome: A Guide for Parents and Teachers (Topics in Down Syndrome) by Patricia Logan Oelwein (1995-02-01) Paperback  
Teaching Children with Down Syndrome about Their Bodies, Boundaries, and Sexuality (Topics in Down Syndrome) by Terri Couwenhoven 1st (first) Edition (10/10/2007)  
Speech and Language Development for Infants with Down Syndrome (0-5 Years)

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