



Specialized Aging Support [SAS]

Providing dedicated support services for those navigating the aging process in individuals with intellectual and developmental differences. This program focuses on brain health and overall wellness for those **living with** or at **high risk** for Alzheimer's disease and related dementia, along with their families and caregivers.

Individualized Support

- On-going screening
- Functional occupational therapy assessments
- Environmental assessments
- Home based therapy for qualified individuals

Interactive Day Center

- Promoting brain health & overall wellness
- Meaningful activities such as fitness, arts nutrition & brain games
- Social engagement and collaboration with peers
- Interactive sensory room, fitness center, and functional kitchen

Caregiver Support

- Caregiver Education Groups
- Advice, counseling & support from experts in the field
- Helping caregivers manage day-to-day challenges of dementia using Skills2Care

- 90% of individuals with Down Syndrome are at high-risk of developing Alzheimer's disease and other related dementia by age 65
- **High risk** individuals include those with **Down Syndrome 30+** years of age and other individuals with intellectual and developmental differences (**IDD**) **50+** years of age
- Engaging in physical exercise, implementing healthy nutrition routines, and participating in stimulating brain activities can reduce the risk and help to minimize the impact of Alzheimer's disease and related dementia