

Resource Guide: Periodic Health Check for Adults with Intellectual and Developmental Disabilities

Clinical guidelines

Sullivan, WF et al. (2018). Primary care of adults with intellectual and developmental disabilities: 2018 Canadian consensus guidelines. *Canadian Family Physician*, 64(4), 254-e166. Available at: <https://www.cfp.ca/content/64/4/254>

Practice support tools

The Developmental Disabilities Primary Care Program (DDPCP) of Surrey Place has developed a suite of practice support tools that aid the implementation of the IDD primary care clinical guidelines into practice. For the **IDD Primary Care Toolkit**, visit ddprimarycare.surreyplace.ca

Key tools that support conducting a comprehensive health assessment for adults with intellectual and developmental disabilities (IDD):

- **Health Check: Comprehensive Health Assessment of Adults with Intellectual and Developmental Disabilities.** Casson, I., Gemmill, M., Green, L., et al.,; Developmental Disabilities Primary Care Program of Surrey Place, Toronto, updated 2023. Available at: <https://ddprimarycare.surreyplace.ca/tools-2/general-health/preventive-care-checklist/> [includes EMR templates for Telus PS Suite]
- **Communicate CARE: Guidance for Person-centred Care of Adults with Intellectual and Developmental Disabilities.** McNeil, K., Bell, E., Boyd, K., et al., Developmental Disabilities Primary Care Program of Surrey Place, Toronto, 2019. Care Program of Surrey Place, Toronto, 2019. Available at: <https://ddprimarycare.surreyplace.ca/tools-2/general-health/communicating-effectively/>
- **About My Health.** Melhas, M., Hermans, H., Orr, E., et al., Developmental Disabilities Primary Care Program of Surrey Place, Toronto, 2019. Available at <https://ddprimarycare.surreyplace.ca/tools-2/general-health/about-my-health/>
- **Decision Making in Health Care of Adults with Intellectual and Developmental Disabilities: Promoting Capabilities.** Sullivan, WF., Bach, M., Heng, J., et al., Developmental Disabilities Primary Care Program of Surrey Place, Toronto, 2020. Available at: <https://ddprimarycare.surreyplace.ca/tools-2/general-health/capacity-for-decision-making/>
- **HELP with Emotional and Behavioural Concerns in Adults with Intellectual and Developmental Disabilities.** Bradley E., Korossy M., Boyd K., et al., Developmental Disabilities Primary Care Program of Surrey Place, Toronto, 2020. Available at: <https://ddprimarycare.surreyplace.ca/tools-2/mental-health/guide-to-understanding-behaviour/>
- **Health Watch Tables.** Developmental Disabilities Primary Care Program of Surrey Place, Toronto, 2011. Available at: <https://ddprimarycare.surreyplace.ca/tools-2/health-watch-tables/>

- **Monitoring Charts.** Developmental Disabilities Primary Care Program of Surrey Place, Toronto, 2020. Available at: <https://ddprimarycare.surreyplace.ca/tools-2/physical-health/monitoring-charts/>

Other tools

- **Implementing Health Checks for Adults with Developmental Disabilities: A Toolkit for Primary Care Providers.** Health Care Access and Developmental Disabilities Research (H-CARDD) program, CAMH, Toronto, 2016. Available at: <https://www.camh.ca/en/professionals/professionals--projects/hcardd/health-care-resources/health-check-toolkit>
- **Distress and Discomfort Assessment Tool (DisDAT).** East Sussex Healthcare NHS Trust (UK). Intended to help identify distress cues in people who because of cognitive impairment or physical illness have severely limited communication. Available at: <https://www.stoswaldsuk.org/how-we-help/we-educate/education/resources/distress-and-discomfort-assessment-tool-disdat/>
- **NTG-Early Detection Screen for Dementia.** Physicians's Quick Guide for Using the NTG-EDSD, National Task Group on Intellectual Disabilities and Dementia Practices. Available at: <https://www.the-ntg.org/ntg-edsd/documents>
- **EasyHealth.** An online library of accessible health information with simple words, clear pictures and films. EasyHealth, UK. Available at: <https://www.easyhealth.org.uk/>

Billing brief (Ontario)

- **Periodic health visit for adults with Intellectual and Development Disabilities (K133),** Education and Prevention Committee Billing Briefs, Ontario Ministry of Health, May 27, 2025 <https://www.ontario.ca/document/education-and-prevention-committee-billing-briefs/periodic-health-visit-adults>

Best practice videos

- **Curriculum of Caring for People with Developmental Disabilities,** by MacMaster University, Canada. A collection of educational videos, including “*Keys to Success When Examining People With Developmental Disabilities*”. Available at: <https://machealth.ca/en/programs/curriculum-of-caring>
- **Best Practices Series,** by Health Care Access and Developmental Disabilities (H-CARDD), CAMH, Toronto. This series includes videos on improving primary care, adapting procedures, mental health care and emergency care. The videos demonstrate common practice errors followed by strategies to improve medical encounters. Available at: <https://www.camh.ca/en/professionals/professionals--projects/hcardd/knowledge-exchange/videos/best-practices-series>

Research evidence

Primary Care and IDD

- Grier E, Abells D, Casson I, Gemmill M, Ladouceur J, Lepp A, Niel U, Sacks S, Sue K. Managing complexity in care of patients with intellectual and developmental disabilities:

Natural fit for the family physician as an expert generalist. [Can Fam Physician. 2018 Apr;64\(Suppl 2\):S15-S22.](#)

Health Disparities

- Ouellette-Kuntz H, Garcin N, Lewis ME, Minnes P, Martin C, Holden JJ. Addressing health disparities through promoting equity for individuals with intellectual disability. *Can J Public Health*. 2005 Mar-Apr;96 Suppl 2(Suppl 2):S8-22. [doi: 10.1007/BF03403699](#). [PMID: 16078552](#); [PMCID: PMC6976115](#).
- Liao P, Vajdic C, Trollor J, Reppermund S. Prevalence and incidence of physical health conditions in people with intellectual disability - a systematic review. *PLoS One*. 2021 Aug 24;16(8):e0256294. [doi: 10.1371/journal.pone.0256294](#). [PMID: 34428249](#); [PMCID: PMC8384165](#).
- Lunskey Y, Klein-Geltink JE, Yates EA, eds. *Atlas on the Primary Care of Adults with Developmental Disabilities in Ontario*. Toronto, ON: Institute for Clinical Evaluative Sciences and Centre for Addiction and Mental Health; 2013. Available at: <https://www.ices.on.ca/publications/atlas/atlas-on-the-primary-care-of-adults-with-developmental-disabilities-in-ontario/>

Health Services Use

- Lin E, Balogh RS, Durbin A, Holder L, Gupta N, Volpe T, Isaacs BJ, Weiss JA, Lunskey Y. Addressing Gaps in the Health Care Services Used by Adults with Developmental Disabilities in Ontario. Toronto, ON: ICES; 2019. Available at: <https://www.ices.on.ca/publications/research-reports/addressing-gaps-in-the-health-care-services-used-by-adults-with-developmental-disabilities-in-ontario/>
- Ouellette-Kuntz H, Cobigo V, Balogh R, Wilton A, Lunskey Y. The uptake of secondary prevention by adults with intellectual and developmental disabilities. *J Appl Res Intellect Disabil*. 2015 Jan;28(1):43-54. [doi: 10.1111/jar.12133](#).

IDD Health Checks

- Byrne, J. H., Lennox, N. G., & Ware, R. S. (2016). Systematic review and meta-analysis of primary healthcare interventions on health actions in people with intellectual disability. *Journal of Intellectual & Developmental Disability*, 41(1), 66–74. <https://doi.org/10.3109/13668250.2015.1105939>
- Casson I, Broda T, Durbin J, Gonzales A, Green L, Grier E, Lunskey Y, Selick A, Sue K. Health checks for adults with intellectual and developmental disabilities in a family practice. [Can Fam Physician. 2018 Apr;64\(Suppl 2\):S44-S50.](#)
- Casson I, Hung A, Grier E, Karim S. Health Check tool: For comprehensive health assessment of adults with intellectual and developmental disabilities. [Can Fam Physician. 2019 Apr;65\(Suppl 1\):S33-S34.](#)
- Potvin LA, Fulford C, Ouellette-Kuntz H, Cobigo V. What adults with intellectual and developmental disabilities say they need to access annual health examinations: System navigation support and person-centred care. [Can Fam Physician. 2019 Apr;65\(Suppl 1\):S47-S52.](#)
- Robertson J, Hatton C, Emerson E, Baines S. The impact of health checks for people with intellectual disabilities: an updated systematic review of evidence. *Res Dev Disabil*. 2014 Oct;35(10):2450-62. [doi: 10.1016/j.ridd.2014.06.007](#).
- Ware, R. S., Franklin, C., McPherson, L., & Lennox, N. G. (n.d.). Health Checks for People with Down Syndrome: A Pooled Analysis of Three Randomized Controlled Trials. *Disabilities.*, 4(1), 101–110. <https://www.mdpi.com/2673-7272/4/1/7>