

COVID-19 and Individuals with Intellectual and Developmental Disabilities

Individuals with intellectual and developmental disabilities (IDD) are at a slightly higher risk of contracting and dying from the novel virus COVID-19.

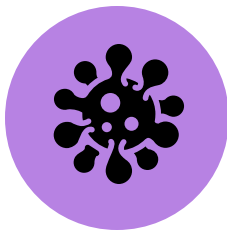


Intellectual and Development Disabilities

It is estimated there are 2.6 to 4 million people within the United States (US) population who have an intellectual or developmental disability.¹ Recent data is emerging which highlights the risk factors for individuals with IDD contracting COVID-19.

Developmental disabilities include but not limited to the following:

- intellectual disability
- Cerebral Palsy
- Down syndrome
- rare developmental disabilities, such as fragile X and Prader-Willi syndrome



Risk Factors

Individuals with IDD have higher prevalence of specific co-morbidities. These co-morbidities have been identified as risk factors for poor outcomes from COVID-19.² Examples of co-morbidities:

- Hypertension
- Heart Disease
- Respiratory Disease
- Diabetes



Key Findings

- Adults with IDD are more likely to develop pneumonia (a severe complication of COVID-19) than adults without IDD.¹
- Caregivers of IDD individuals should watch for mild symptomatology such as difficulties with swallowing, weak or uncoordinated cough, and difficulty understanding or following instruction³
- Age-related distribution of COVID-19 cases are comparatively higher for those with IDD at ages 0–17 than those without IDD.¹
- Recent studies have shown individuals with IDD had a comparatively higher case-fatality rate than those without IDD at ages 0–17 and 18–74.¹