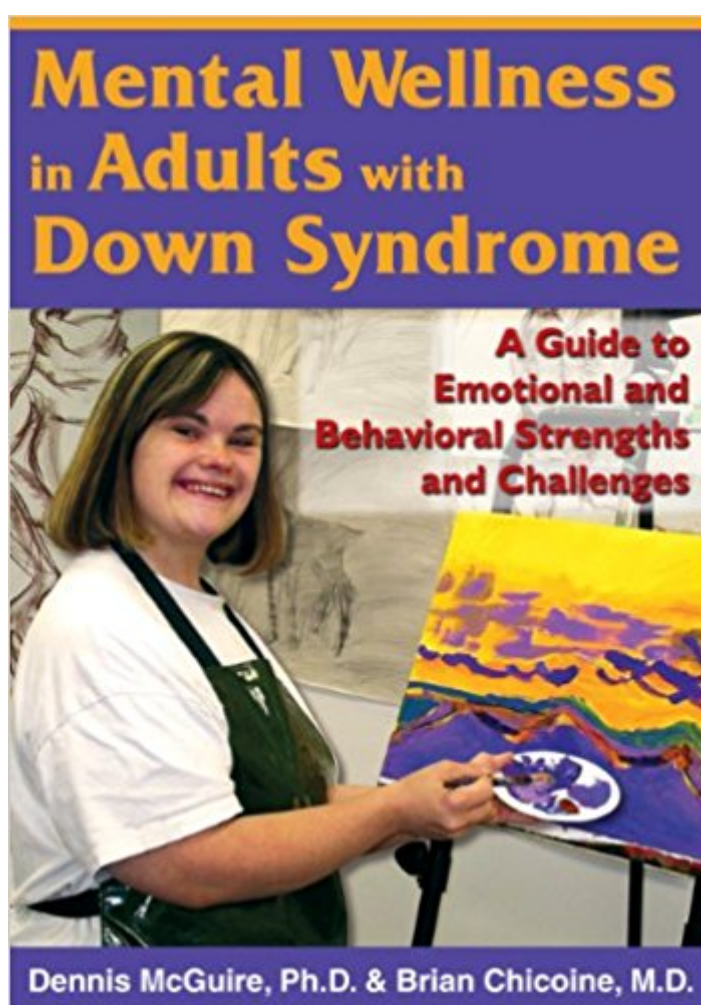


The book was found

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

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Customer Reviews

"An invaluable tool for those who interact daily with adults with Down syndrome." --Kirkus Reports

Dennis McGuire, Ph.D., is Director of Psychosocial Services for the Adult Down Syndrome Center of Lutheran General Hospital outside of Chicago. Brian Chicoine, M.D. is the medical director of the Adult Down Syndrome Center. Together they founded The Center in 1992 and have served nearly 3,000 adults with Down syndrome since its inception. Both Drs. McGuire and Chicoine are frequent speakers at conferences around the U.S. and abroad regarding their work and expertise. They live with their families outside Chicago.

I first found this book at the library, I loved it so much I bought it here! As a parent of a teen with ds, it has so much needed information! It has what no other book has, information on their quirks and helps explain that it's common or "normal". It also answered my questions about what's to come as they enter high school and transition to work. It actually changed my focus from inclusion in the academic classrooms to functional skill building and job experience. It gave valuable advice on how get peer interaction and inclusion in the school community by working/volunteering in the lunch room, student store, office, running errands for teachers, going to the games, dances, etc.

This was recommended to me by the sister of an elderly person with Down Syndrome and I have absolutely been floored by it. It's challenging to find resources to help people who have "dual

diagnoses" and this is one of the most comprehensive that I've come around. To top it all off, it's tone is pragmatic but positive. This is great for anyone who cares with someone with Down Syndrome, particularly with a "dual diagnosis" of mental illness or ASD. There's a lot here that has broader relevance and which is applicable to anyone caring for someone with an intellectual disability. The section on memory is a great example of why I found this invaluable; it addresses the different types of memory, identified strengths and weaknesses, and outlined what each might look like in real life. Please, more like this.

I think this is a great book for anyone who lives or works with adolescents or adults with Down Syndrome. My daughter, almost 19, never fit the typical Down Syndrome children are angels always so loving mold. This book helped to explain why in a way that I could understand. We are still going through a painful rough ride, but this book gives me information (empowerment) that we will survive the rocky road and get to a place of peace. I also bought a copy for her teacher who has been teaching for over 20 years and she loved it as well. She has started loaning out her copy to parents who might not be able to afford their own copy. After she told me this I bought 2 more copy's so that anyone who wants access to this great book can have it. A definite 'MUST HAVE' for parents of young adults with Down Syndrome.

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.

Written in a readable and engaging style, this book hits the nail on the head for parents and caregivers who interact regularly with adults with Down Syndrome. It covers every area of concern with insights and tips, and highlights positive approaches to each one. I highly recommend this book for anyone who is interested in advocating for or simply enjoying the quirky ways of the DS population. We recently brought my brother with DS home to live with us and this book has been an invaluable tool in understanding and appreciating him as well as pointing us in the right direction for support and care.

I have a 23 year old son with Down Syndrome and this was a great read. There was a lot of information that was both informative and that I had not seen discussed (or at least not so well) before as well as some information that was just comforting... an aha... that really is just a normal DS thing... this book should be in everybody's DS library.

I call this my Down Syndrome Bible. My daughter is 29 years old. For years I had asked doctors if some of the issues my daughter has had, had to do with her having Down Syndrome. They said no. This book has helped her have a more successful life because we understand her needs. I refer to this book all the time. Thanks!!

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