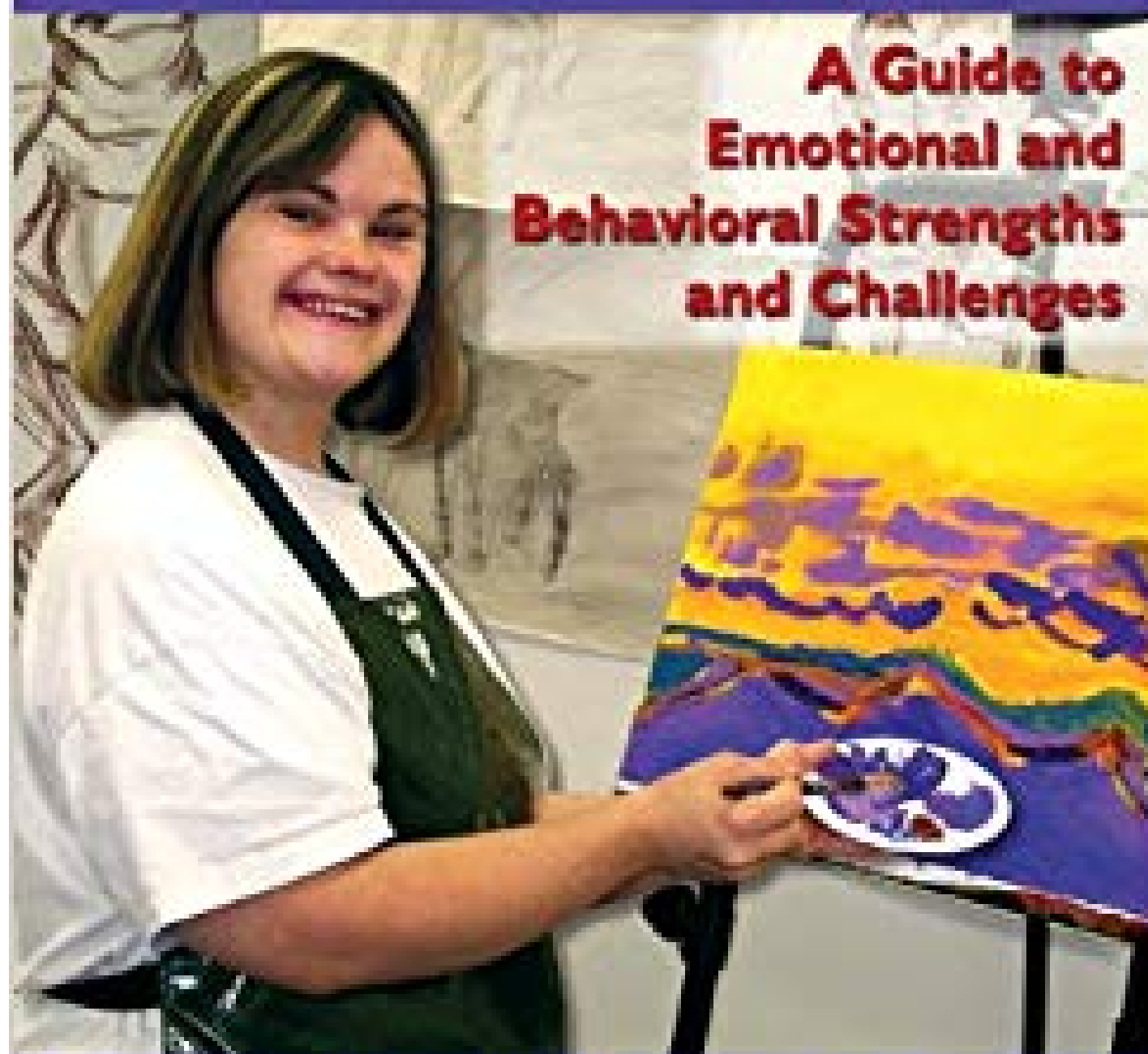


Mental Wellness in Adults with Down Syndrome

**A Guide to
Emotional and
Behavioral Strengths
and Challenges**



Dennis McGuire, Ph.D. & Brian Chicoine, M.D.

Dennis McGuire and

Mental Wellness in Adults with Down Syndrome: A Guide to Emotional and Behavioral Strengths and Challenges



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(2007 Independent Publisher Award, Bronze Medalist in Psychology/Mental Health category) (2006 ForeWord Magazine's Publication of the entire year Award: Finalist in Psychology Category) (2006 Best Books Book Awards, Psychology/Mental Health Finalist) In this groundbreaking publication, the founding directors of the Adult Down Syndrome Center of Lutheran General Medical center in Recreation area Ridge, Illinois the initial and premier facility of its type in North America share almost 30 years of combined experience treating a lot more than 3,000 adolescents and adults with Down syndrome aged 12 to 83. As McGuire and Chicoine describe these characteristics and mental medical issues, they also explain, through detailed observations and case studies predicated on their sufferers, how parents, caregivers and adults with Down syndrome could work collectively to foster mental wellness. Also by Drs. MENTAL WELLNESS can be an invaluable resource for parents, mental health professionals, teachers and caregivers who would like to understand better how to promote mental health insurance and resolve psychosocial problems in people who have Down syndrome. In addition, the authors discuss the importance of regular evaluation and how behavior and mental well-being could be affected by environmental conditions, social opportunities, and physical wellness. The first section of the book offers a wealth of understanding and insight about standard behavioral characteristics of Down syndrome and how exactly to work with them to encourage mental wellness on a day-to-day basis. Topics consist of: Community and Family members Support Self-Chat and Imaginary Friends Communication-Related Problems Memory space Strengths and Deficits Emotional Advancement Tendencies Toward Sameness and Repetition Self-Esteem and Self-Image Lifespan Problems The next section on mental illness includes chapters on such circumstances as: Depression and Various other Mood Disorders Anxiety Obsessive-compulsive disorder Tic Disorders Repetitive Movements AD/HD and Various other Impulse Control Issues Autism Alzheimer disease In each case, the authors describe the problem signs, the diagnostic procedure and a range of treatment choices, such as guidance, behavioral therapy and medicines. Now, thanks to MENTAL WELLNESS, readers across the world can pay a virtual visit to the Adult Down Syndrome Middle and take advantage of the insight and experience of Drs. McGuire and Chicoine: The Guideline to A HEALTHY BODY for Teens & Adults with Down Syndrome Anyone who knows or cares for an adult with Down syndrome will certainly understand them better after scanning this guideline. This authoritative, easy-to-read instruction clarifies do you know the common behavioral characteristics of Down syndrome, how some could be mistaken for mental illness, and what are the real mental health issues that occur more commonly in people with Down syndrome. McGuire and Chicoine.



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The best book for parents of Teen-Adult kids with DS! I first found this reserve at the library, We loved it thus much I bought it here! This reserve has been a genuine eye-opener for me, and helped me understand my brother and appreciate him a lot more. He did have some health complications, but none were life-threatening, and he was raised to be strong and athletic. In addition, it answered my queries about what's to arrive as they enter high school and transition to function. . It gave valuable assistance on what get peer interaction and inclusion in the institution community by functioning/volunteering in the lunch room, student store, office, running errands for teachers, likely to the video games, dances, etc. Excellent Comprehensive Resource This was recommended to me by the sister of an elderly person with Straight down Syndrome and I have absolutely been floored by it. It's challenging to find resources to help individuals who have "dual diagnoses" and this is among the most comprehensive that I've arrive around. Please, similar to this. As a Parent. There is a lot here that has broader relevance and which is applicable to anyone looking after somebody with an intellectual disability. The section on storage is a superb example of why I came across this invaluable;. To best it all off, it's tone is normally pragmatic but positive. This is great for anyone who cares with someone with Down Syndrome, especially with a "dual diagnosis" of mental disease or ASD.. She has started loaning out her copy to parents who is probably not capable to afford their very own copy. This reserve helped to describe why in a manner 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. Five Stars Provides a large amount of insight Five Stars Very useful for families with a DS member Educational and interesting read Superb book that covers all of the things common in Downs adults. My daughter, almost 19, by no means fit the normal Down Syndrome children are angels always so loving mold. After she told me this I bought 2 more copy's in order that anyone who desires access to this great book might have it. Anyone who wants to understand Down syndrome better needs to read ! A Must Have for Parents and Professionals I am the mother of a 34 year old daughter with Down syndrome, and this is one of the best books in DS that I have ever seen. Answered many of my questions concerning my 59 year old brother. The authors of the book been employed by with thousands of adults with Down syndrome at the Mature Down Syndrome Middle in Illinois, and they really know their stuff. The book touches on all aspects of lifestyle for adolescents and adults with DS. There is a great deal on what factors influence well-being and how physical complications make a difference behavior. It addresses when issues are "normal" and when to be concerned. The book is well-organized, so you can go to the sections that apply to your situation. And if the person in your daily life with DS does not have any behavioral issues now, this book can help you maintain it that way. But now, at 53, he continues to be much the same - a bit more occur his ways, maybe - but healthy, able, and active. Very very informative essential buy for anyone who has .. Rather, it has been common for health issues to be ignored or not treated because they're often related to Down Syndrome rather than a treatable condition. Very very informative essential buy for anybody who has a Straight down syndrome relative or that works with people with Down Syndrome aswell! It actually changed my focus from inclusion in the academic classrooms to functional skill building and work experience... old child with Down Syndrome and this was an excellent read. There was a lot of information that ... I have a 23 year aged son with Down Syndrome which was a great browse. There was a lot of details that was both interesting and that I hadn't seen discussed (or at least not well) before as well as some details that was simply comforting. I think this is an excellent book for anybody who lives or works together with adolescents or adults with Down Syndrome.. Since we were kids, I've been told my buddy wouldn't live a lot longer... that really is a normal DS factor. it addresses the various types of memory, determined strengths and weaknesses, and outlined what each might appear to be in true to life.. this book should be in everybody's DS library. First the doctors stated he wouldn't live past 10. an aha. He's 18 months over the age of I am and offers Down Syndrome. Insight finally! Then he was expected to die before the age of 20. It has what no various other book has, information on their quirks and helps describe

that it's common or "normal". After that, as he reached 40, I read reports claiming that "all" adults with DS would develop Alzheimer's Disease, usually within their 40s. This was a horrible prospect! I highly recommend this publication. When I learned about the book, "Mental Wellness in Adults with Down Syndrome", I ordered it immediately and have go through it with great curiosity. It was fascinating to learn that adults with DS are forget about likely to die youthful than anyone else, provided that they receive appropriate medical care, and that the incidence of Alzheimer's in this populace is no more prevalent than in the general people.. And misunderstandings in the medical community of what is normal mental working in adults with DS have got led to misdiagnoses of Alzheimers oftentimes. As a mother or father of a teenager with ds, it provides so much needed information! I am so blessed to possess him in m life!!! Readable Wonderful book for non-professionals. Easy to read, informative, useful, practical. Anyone who would like to understand Straight down syndrome better needs to read Yes yes ! Excellent handbook Important information for coping with those who have DS. A definite 'MUST HAVE' for parents of young adults with Down Syndrome.!! I also bought a duplicate for her teacher who has been teaching for over twenty years and she enjoyed it as well. It is well written in understandable language and will be offering practical suggestions and actions to take. It's about time!



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