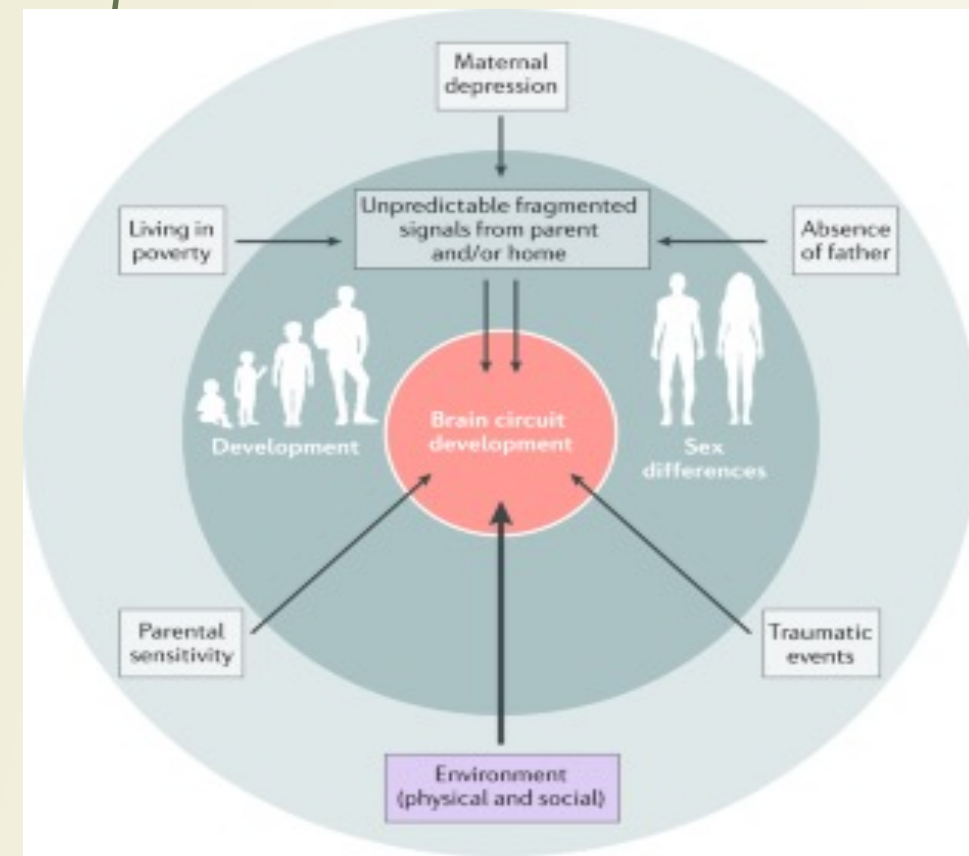


Understanding Quality of Life and Self-Care Concerns in Mothers of Individuals with Intellectual and Developmental Disabilities (IDD)

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Introduction:

Mothers of individuals with Intellectual and Developmental Disabilities (IDD) often face considerable challenges in caregiving, which may impact their health and well-being. This poster examines the intersection between maternal caregiving, quality of life, and the onset of neurological disorders, drawing from research conducted by reputable institutions.

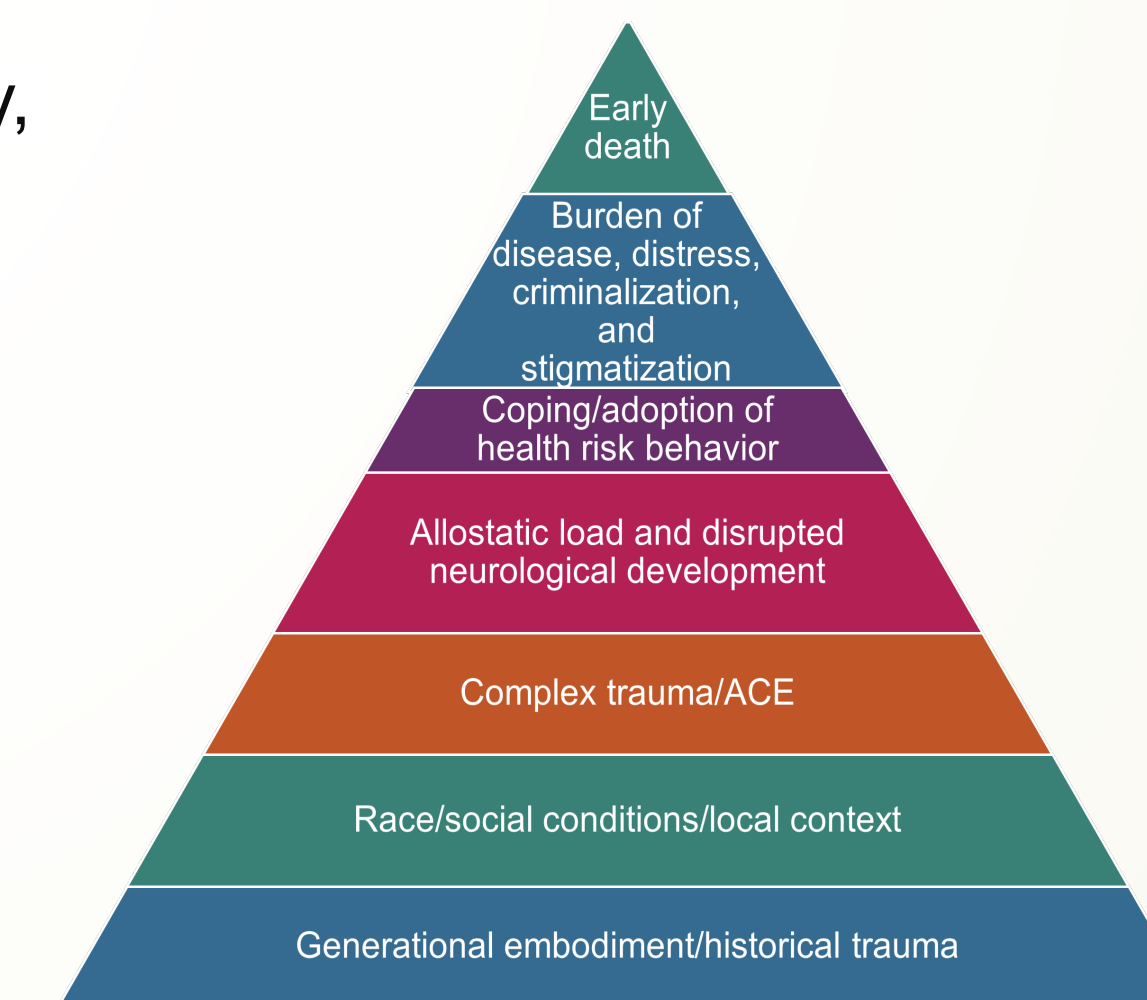
Objective: To explore the relationship between caregiving for individuals with IDD, maternal quality of life, and the onset of their neurological disorders and health decline.

Methodology:

- Literature Review: A comprehensive review of studies from the American Public Health Association, Rutgers University, the National Library of Medicine, and the National Institute of Neurological Disorders and Stroke.
- Data Extraction: Maternal caregiving burden, quality of life, and neurological disorder onset data were synthesized.
- Analysis: Reviewed data and conducted discussions with mothers of individuals with I/DD from early childhood to adulthood to identify critical trends and associations.

Key Findings:

- Maternal caregiving for individuals with IDD is associated with increased stress, anxiety, and depression (American Public Health Association, 2018).
- Mothers of individuals with IDD report lower quality of life compared to mothers of typically developing children (Rutgers University, 2017).
- Caregiving responsibilities may contribute to the onset or exacerbation of neurological disorders such as ADHD and depression in mothers (National Library of Medicine, 2019).
- Increased caregiver burden is linked to poorer self-care practices and higher rates of chronic health conditions among mothers of individuals with IDD (National Institute of Neurological Disorders and Stroke, 2020).
- Mothers of individuals with intellectual and developmental disabilities thrive through reciprocal peer support.- Mothers of individuals with intellectual and developmental disabilities often go through life masking undiagnosed neurodevelopmental disorders.
- Mothers of individuals with intellectual and developmental disabilities accept early-life adversity, adverse childhood experiences, and trauma throughout their lifespan.



Implications:

- Interventions targeting maternal self-care, stress reduction, and support networks may mitigate the adverse effects of caregiving on maternal health.
- Future research should focus on longitudinal studies to further understand the long-term impact of caregiving on maternal neurological health and quality of life.
- Lack of diversity, equity, and inclusion contribute to the long-term impact of adversity among caregivers.
- Therefore, marginalized communities should be studied, with an emphasis on faith communities and Black mothers of people with intellectual and developmental disabilities.

Conclusion: - Maternal caregiving for individuals with IDD can negatively impact quality of life and increase the risk of neurological disorder onset.- Addressing the needs of mothers of individuals with IDD is crucial for promoting their well-being and preventing the onset or exacerbation of neurological, physiological, and mental health disorders.

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