## Families and Other Caregivers

Families and other caregivers often experience considerable mental, physical, or economic stress in balancing the person with IDD’s support needs with other responsibilities.\(^{34,35}\)

<table>
<thead>
<tr>
<th>Recommendation</th>
<th>Types of Knowledge</th>
<th>Recommendation Strength</th>
</tr>
</thead>
<tbody>
<tr>
<td>Regularly screen for and proactively attend to the support needs of caregivers.(^{36,37}) Recommend interventions that reduce behaviours that challenge in people with IDD (eg, positive behaviour support(^{38,39})) and increase coping and reduce stress experienced by caregivers (eg, mindfulness(^{40,41})).</td>
<td>Empirical</td>
<td>✓ ✓</td>
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</tbody>
</table>

An increase or change in needs or a negative life event can lead to a crisis situation.\(^{42-44}\) Families’ need for respite has been increasing.\(^{45}\)

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<td>When concerns arise, assess and monitor family or caregiver stress (eg, through the Brief Family Distress Scale(^{46})) and advocate for respite or additional supports.(^{47})</td>
<td>Empirical</td>
<td>✓ ✓</td>
</tr>
</tbody>
</table>

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### Icon Legend

#### Recommendation Strength:
- Clinicians’ top recommendation ✓ Recommended ✓ ✓ Strongly Recommended

#### Types of Knowledge: 
- Blue and grey colours specify different knowledge subtypes. Half circle symbols indicate that reviewed publications pertain to the background information to the recommendations that is presented in the first column.

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