## Psychosocial Context and Mental Well-being

Mental health disturbances, common among adults with intellectual and developmental disabilities (IDD), are associated with sensory impairments, negative life events, lack of suitable supports (emotional, social, community, work, and recreational), stress, and coping capacity. Mental health disturbances, common among adults with IDD (IDD), are associated with sensory impairments, negative life events (eg, abuse, neglect, bullying, and exclusion), and coping capacity (see guideline Abuse, Exploitation and Neglect and guideline Behaviours that Challenge).

<table>
<thead>
<tr>
<th>Recommendation</th>
<th>Types of Knowledge</th>
<th>Recommendation Strength</th>
</tr>
</thead>
<tbody>
<tr>
<td>Screen for sensory impairments (see guideline Vision and Hearing impairments), negative social circumstances, stressful life events (eg, abuse, neglect, bullying, and exclusion), and coping capacity (see guideline Abuse, Exploitation and Neglect and guideline Behaviours that Challenge).</td>
<td>Empirical, Ecosystem, Expert, Experiential</td>
<td>🟢🟢</td>
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<tr>
<td>Promote friendships, social networks, and accommodations for inclusion and participation to decrease isolation and loneliness.</td>
<td>Empirical, Ecosystem, Expert</td>
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<tr>
<td>Engage with community services and interprofessional partners or teams to enhance coping skills.</td>
<td>Empirical, Ecosystem, Expert</td>
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</tbody>
</table>

The effects of these circumstances can best be understood by inviting and appreciating the perspectives of persons with IDD, in combination with those who support them. Get the person with IDD’s perspective on their situation whenever possible. Use visual aids as well as words (eg, Books Beyond Words).

## 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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References


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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