

## *Plus* 45 Clinic

The Plus 45 Clinic is an Interdisciplinary Team providing clinical services and support to people with Intellectual Disabilities who are ageing. Our team is comprised of clinicians from Psychology, Nursing, Occupational Therapy and Behaviour Therapy, and Geriatric Psychiatry.

We specialise in issues related to ageing and IDD. We provide diagnosis and treatment of Dementia and support families and caregivers by providing education and strategies to help manage dementia symptoms. We support clients and caregivers in their homes and through moves to Long Term Care, and Palliative Care.

We make internal referrals to, family medicine, occupational therapy, and SLP for swallowing assessments. We also can make referrals for comprehensive psychological assessments of people with Intellectual Disabilities who are in their 20's and 30's and who have Down Syndrome, or other chromosomal conditions, so that we have a baseline of their cognitive, adaptive, memory and executive functioning skills when they are at their best. We use this data as a comparison should they develop dementia as they age.

If you have any questions about our clinic, please contact team lead Claire Staniforth:

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