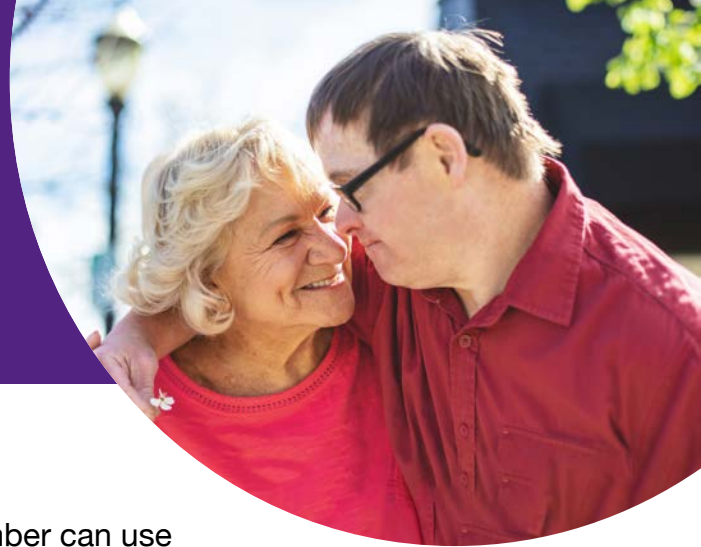


# The NTG-EDSD

## Information for Family Caregivers



### WHAT

The **NTG-EDSD** is a tool that a family member can use to record changes in abilities that occur as their relative with an intellectual disability gets older.

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### WHY

As we age, some changes can be an early sign of different health conditions including dementia. The sooner we recognize these changes, the sooner we can discuss them with a healthcare professional for possible treatment. Any diagnosis is only as good as the information provided.

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### WHERE

The NTG-EDSD is available free online from the NTG at: [the-ntg.org/ntg-edsd](http://the-ntg.org/ntg-edsd). It is accessible in several languages and can be printed off to complete and save. A short manual is also included that provides details about the NTG-EDSD.

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### HOW

Work with your relative to complete the NTG-EDSD form. You can also create a short smartphone video of your relative doing 3 tasks such as standing and walking, picking up coins and putting them in a jar, and doing a familiar task they like.

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### THEN WHAT

**If there are changes:** Highlight these changes and bring the form and video to a doctor or other healthcare professional appointment for a discussion about possible causes for the change.

**If there are no changes:** Keep the document and video in a safe place. Repeat both the NTG-EDSD and video at least once a year or sooner if you see more changes. Remember to do the same 3 tasks in each video.



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