

# The NTG-EDSD

## Information for Adults with an Intellectual Disability



### WHAT

The **NTG-EDSD** is a form that you and your family or staff can use to keep track of any changes in your health or skills as you get older.

### WHY

As people get older, some changes might be a sign of different health conditions including dementia. These changes might get missed unless they are written down. The sooner the changes are noticed, the sooner you can talk about them to your doctor or other healthcare person.

### WHERE

You and family or staff can get the NTG-EDSD and more information about it free online from the NTG-U.S. at: [the-ntg.org/ntg-edsd](https://the-ntg.org/ntg-edsd).

### HOW

Your family or staff will ask you questions about things on the NTG-EDSD. Having a short video of you is also a good idea. If you say yes, family or staff will use a phone to make a video of you doing 3 things. In the video, you could stand up and walk, pick up coins and put them in a jar, and talk about what you did today.

### THEN WHAT

**If there are changes:** With your family or staff, bring the NTG-EDSD and your video to a doctor or other healthcare person. Talk about what might be the reason for the change. The doctor might want to do some tests.

**If there are no changes:** You and family or staff should keep your NTG-EDSD and video in a safe place. Do the NTG-EDSD and video again every year or sooner if you see more changes.



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