

Children – signs of illness

People with intellectual disability should be involved in all decisions about their health and wellbeing.

Some people can make decisions alone and some people will need support. It is critical that supporters know the person's will and preferences to make sure the right support is provided and the right decision is made.

Children and adolescents with intellectual disability can have the same health problems as anyone else. They often have more health problems. Many people with intellectual disability find it hard to explain their symptoms.

It is really important to have regular health checks and watch out for signs of health problems.

Common signs that a person is unwell

If a person finds it hard to say they are feeling sick, you need to watch out for signs that may point to a health problem. For example, the person:

- seems sad.
- has lost interest in a hobby or things they used to enjoy.
- doesn't want to eat.
- has challenging behaviour.

Some of the signs seem obvious when you read them. But when carers are busy or stressed it can be easy to miss that a person might be sick.

Watch out for common health problems

- **Hearing problems** – Does he seem to ignore you? Does he want the TV very loud?
- **Vision problems** – Does she seem hesitant on stairs? Does she have trouble finding things that are nearby?
- **Tooth or gum disease** – Is he holding his jaw, or refusing food? Do his gums bleed when his teeth are being cleaned? Does he have bad breath? Does he brush his teeth at least daily?
- **Gastric problems** – Is she choking or coughing during meals? Is she vomiting? Does she seem in pain after eating?
- **Swallowing problems** – Does he take a long time to eat or does food fall out of his mouth? Does he cough or choke when eating or drinking?
- **Poor nutrition** – Does she lack energy? Is she underweight or overweight? Is she developing pressure areas?
- **Chest infections** – Watch very carefully for this if the person is immobile. Can you hear a rattle or wheezing sound in his chest when he breathes? Is he breathing fast? Does he have a cough or a temperature? Does his skin have a bluish tinge especially around the mouth and finger tips?
- **Muscle and joint problems** – Is she holding a part of her body, or having trouble moving? If she is immobile, look for any redness or swelling and if there is any discomfort when you move her.
- **Skin disease** – Is there a skin rash? Is he scratching or picking at his skin?
- **Epilepsy** – Does she seem to be in a day dream? Does she have seizures or muscle spasms? Has she forgotten something he would normally remember? Does she have unexplained periods of drowsiness?
- **Sexual development** – Is she having difficulty with sexual changes in adolescence, for example managing periods?
- **Mental illness** – Does he not want to do things he was previously interested in? Does he seem depressed or anxious? Is he hurting himself or other people? Is there a change in behaviour?
- **Grief** – Is she tearful? Is she having trouble concentrating?
- **Reactions to medication** – Has her behaviour changed? Has she got a rash, swelling, vomiting or diarrhoea? Is she falling over?

If a person with intellectual disability is showing these sorts of symptoms, it is important to get the doctor to check if there is a medical problem that can be treated.

Some other common problems that can arise in early childhood:

- Problems with posture, correct seating and need for modified cutlery – an occupational therapist can help.
- Muscle development and posture, swallowing, dribbling, choking and breathing issues – a physiotherapist can help.
- Walking on the toes – a physiotherapist or an orthopaedic specialist can help.

Organise regular health checks

No matter how alert you are to signs that a person is unwell, there might be health problems that you and the doctor are not aware of. You can ask the GP to do an annual Medicare health check and get a dental check every six months. If the person has complex health needs, it may be better for a health check to be done by a paediatrician.

You might be interested in these fact sheets

- Annual health assessments
- Causes of intellectual disability and health care
- Children - what kinds of health services are there?
- Dental care
- Diagnosis and assessment of a disability
- Mental health

This fact sheet was updated in **2018**.

The fact sheet contains general information only and does not take into account individual circumstances. It should not be relied on for medical advice. We encourage you to look at the information in this fact sheet carefully with your health professional to decide whether the information is right for you and your child.