

Developmental Disabilities Awareness Month: Together We Have No Limits

What Are Intellectual and Developmental Disabilities?



What is an Intellectual Disability?

Intelligence refers to a general mental capability. It involves the ability to reason, plan, solve problems, think abstractly, comprehend complex ideas, learn quickly, and learn from experience. The onset of an intellectual disability occurs before age 18 and causes limitations in two areas:

1. intellectual functioning
2. adaptive behavior

What is Adaptive Behavior?

Adaptive behavior is age-appropriate behavior necessary for a person to live independently, function safely and appropriately in daily life. Adaptive behaviors include life skills such as grooming, dressing,

managing money, and making friends.

What is a Developmental Disability (DD)?

A developmental disability is a life-long disability that occurs before age 22 and causes three or more limitations in the following areas of life:

1. self care
2. language
3. learning
4. mobility
5. self-direction
6. capacity for independent living
7. economic self-sufficiency



age
acti-

What is the Difference Between an Intellectual and a Developmental Disability?

The major differences are:

1. age of onset
2. severity of limitations
3. the DD definition does not refer to an IQ requirement

How Many People Have an Intellectual and Developmental Disability?

Nationally, about 4.6 million Americans have an intellectual developmental disability. Between 2006-2008, 1 in 6 children were diagnosed with a developmental disability.

In New Jersey, it is estimated that 133,000 children and adults have an intellectual and developmental disability.