

**Inventory of oral, feeding and digestive disorders
of persons suffering from a severe intellectual disability**

| RESULTS OBTAINED FROM A SURVEY OF 365 PARENTS | SOLUTIONS FOUND ARE OFTEN NOT KNOWN |
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| Gastro-oesophageal reflux is without doubt greatly under-estimated (under diagnosed) | A quickly performed medical test (antacid or a proton pump inhibitor) may be effective and non invasive (to be discussed with a doctor) |
| Breast and bottle-feeding take a very long time for 40% of babies | Techniques for stimulating the sucking reflex exist (consult a specialised speech therapist) |
| 15 % of persons are fed by tube (including adults). | In these situations, remember to maintain the oral function, and consider weaning periodically (discuss this point with a specialised speech therapist or dietician, and also with the persons responsible for daily feeding). |
| 80% cannot eat by themselves (including adults) | Adapt the cutlery as soon as possible in order to encourage autonomy (discuss with an ergotherapist) |
| 60% are not able to chew properly | Make an assessment of how the person chews and adapt the food texture if necessary (discuss with a specialised speech therapist) |
| 22% are undernourished without their parents being aware of the situation. | If there is the least doubt, make a nutritional assessment and obtain advice on how feed the child satisfactorily (discuss with a specialised speech therapist, or with a dietician specialised in disablement) |
| 10% have trouble swallowing, as the food or drink goes down the “wrong way” | A “head forward” posture exists and most of the time resolves those problems. |
| 33 % are not sufficiently hydrated | Offer some good tasting hydrating recipes (in addition to water). |
| 10 % may have taste and olfactory hypersensitivity on a daily basis | Some specialised speech therapists are able to provide an effective therapy for this problem of nausea. |
| More than 15 % have teeth that are in a very bad state . 4 out of 10 of these go to dentist less than once a year (because specialised dentists have not been found, or waiting times for appointments are from 6 to 9 months or even longer) | Find the necessary information on dental hygiene (consult a town dentist, search on reseau-lucioles.com). We can also recommend organisations who can provide their members with the addresses of dentists who accept disabled persons. |
| 9 out of 10 dribble | There are solutions which might work ... sometimes (speech therapy, drugs, surgery ...) |
| 36% have a bruxism disorder (teeth grinding) 45 % have severe sleeping disorders | Cooperation between the organisations concerned is needed in order to find solutions to these problems. |

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