

# A Spectrum of Transitions in I/DD

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# Overview

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- **Definition**
- **Daily Transitions**
- **Interpersonal**
- **Personal Care**
- **Endings**
- **Grief/Loss**
- **Leaving/arriving**
- **Why are transitions hard?**
- **Importance of transition**
- **Transition Skills**
- **Conclusion**

# Transition

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- **noun:**
- A passing from one condition, form, stage, activity, place, etc. to another;
- A word, phrase, sentence, or group of sentences that relates a preceding topic to a succeeding one to that smoothly connects parts of a speech or piece of writing;
- (Music)- a shifting from one key to another; modulation; an abrupt change into a remote key; a passage connecting two sections of a composition.

# DAILY TRANSITIONS

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- Waking from sleep
- Dressing/changing clothes
- Home ↔ Community
- Transportation ← → Destination
- Meals
- Evening activities
- Weekdays vs Weekend-days
- Falling to sleep

# INTERPERSONAL transitions

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- Greeting(s)
- New people & functions
  - Family members
  - Staff; professionals
  - Community-based
- Safety / Trust
- Friendship
- Intimate partners

# PERSONAL CARE

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- Layers of protection = clothes
- Vulnerability
  - Need for assistance
- Temperature
- Touch
- Speed

# ENDINGS {complement Beginnings}

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- **Absence of beloved**
  - Notice of a change
- **Switching**
  - Attachment
  - Allegiance
- **Process of letting go**
  - Less emotional investment is easier
- **Risking NEW attachment(s)**

# GRIEF/LOSS

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- Loss of emotionally meaningful relationship
- Impermanence
- Energy drain
  - Cognition
  - Sleep
  - Sadness
  - lability
- Catastrophization (*is this a word?*)



# LEAVING/ARRIVING

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- **Introductions / Make time for leave-taking**
- **Respect for autonomy**
  - **Prior experiences**
- **Provide opportunity for trust**
- **Adapt to individual rates/preferences**
- **Assist in bridging to next supports**

# WHY ARE TRANSITIONS HARD?

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- Element of RISK
- Meaning of change
- Novelty
- Physiologic arousal
- Past experience(s)
  - Positive? ... Negative?...
- Ability to evaluate (observing self)

# IMPORTANCE OF TRANSITION

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- Services provision
- Aging process
  - Birth → Death [*applies to everyone*]
  - Build in skills [Infancy – Adult]
  - Expand opportunities [Teen – Mid-adult]
  - Losses in flexibility/relationships [Adult – Elder]
- Basic survival skill

# TRANSITION SKILLS

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- Identify situation
- Reduce to elements of manageable size
- Pace change when possible
- Articulate steps (repeatedly if needed)
- Everyone is affected
  - Share your own experience with honesty and constraint
- Provide emotional space for adaptation & expression of conflicting emotions

# CONCLUSIONS

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- Transitions happen all the time 😊
- Life transitions are stressful and can be handled artfully.
- Support resiliency & recovery
  - Attitude
  - Creative solution building
- Maintain respect for individual experiences
- Shared experience & support makes the psychological process easier for everyone

# Thoughts, Comments, Experiences...

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*Thank you for your attention & participation!*