

## **A Review of Activities of Daily Living and Quality of Life in People with Down Syndrome**

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### **Abstract**

The life expectancy of Down syndrome is increasing, but the consequence of aging - chronic disease and Alzheimer's disease could cause a poor health quality of this population. Therefore, how to maintain and improve better activities of daily living (ADL) in people with Down syndrome will be an important issue in health policy. Good ADL function of people with Down syndrome means independence in daily living, and those people could reduce the burden of caregivers, and to improve their quality of life. The present paper aims to understand relation of ADL and quality of life in people with Down syndrome based on recent article reviews by searching at database of PubMed, Medline, Google Scholar and CEPS, and related reports for the keyword of Down syndrome, activities of daily living, and quality of life. The review found that those people with Down's syndrome compare their ADL to individuals with intellectual disabilities have a relatively poor ADL, and aging factor led to decreased ADL condition and decreased physical activity and increase the incidence of dementia of persons with Down's syndrome. Those people with Down's syndrome involve into the paid workplace, it is possible to improve their quality of life. This study highlights that we should pay much attention to aging problems of people with Down's syndrome, to strengthen their ability to participate activities in society to maintain their physical functioning.

**Keywords:** Down syndrome, activities of daily living, quality of life, intellectual disability