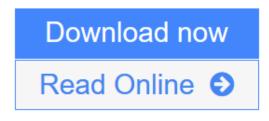


## Mental Wellness in Adults with Down Syndrome: A Guide to Emotional and Behavioral Strengths and Challenges

Dennis McGuire, Brian Chicoine



Click here if your download doesn"t start automatically

# Mental Wellness in Adults with Down Syndrome: A Guide to Emotional and Behavioral Strengths and Challenges

Dennis McGuire, Brian Chicoine

## Mental Wellness in Adults with Down Syndrome: A Guide to Emotional and Behavioral Strengths and Challenges Dennis McGuire, Brian Chicoine

(2007 Independent Publisher Award, Bronze Medalist in Psychology/Mental Health category) (2006 ForeWord Magazine's Book of the Year Award: Finalist in Psychology Category) (2006 Best Books Book Awards, Psychology/Mental Health Finalist)

In this groundbreaking book, the founding directors of the Adult Down Syndrome Center of Lutheran General Hospital in Park Ridge, Illinois the first and premier facility of its type in North America share nearly 30 years of combined experience treating more than 3,000 adolescents and adults with Down syndrome aged 12 to 83. MENTAL WELLNESS is an invaluable resource for parents, mental health professionals, teachers and caregivers who want to understand better how to promote mental health and resolve psychosocial problems in people with Down syndrome.

This authoritative, easy-to-read guide clarifies what are the common behavioral characteristics of Down syndrome, how some can be mistaken for mental illness, and what are the bona fide mental health problems that occur more commonly in people with Down syndrome. As McGuire and Chicoine describe these traits and mental health issues, they also explain, through detailed observations and case studies based on their patients, how parents, caregivers and adults with Down syndrome can work together to foster mental wellness. In addition, the authors discuss the importance of regular assessment and how behavior and mental well-being can be affected by environmental conditions, social opportunities, and physical health.

The first section of the book offers a wealth of knowledge and insight about typical behavioral traits of Down syndrome and how to work with them to encourage mental wellness on a day-to-day basis. Topics include:

Community and Family Support Self-Talk and Imaginary Friends Communication-Related Problems Memory Strengths and Deficits Emotional Development Tendencies Toward Sameness and Repetition Self-Esteem and Self-Image Lifespan Issues

The second section on mental illness includes chapters on such conditions as:

Depression and Other Mood Disorders Anxiety Obsessive-compulsive disorder Tic Disorders Repetitive Movements AD/HD and Other Impulse Control Issues Autism

#### Alzheimer disease

In each case, the authors describe the problem signs, the diagnostic process and a range of treatment options, such as counseling, behavioral therapy and medications.

Now, thanks to MENTAL WELLNESS, readers all over the world can pay a virtual visit to the Adult Down Syndrome Center and benefit from the insight and expertise of Drs. McGuire and Chicoine. Anyone who knows or cares for an adult with Down syndrome will undoubtedly understand them better after reading this guide.

Also by Drs. McGuire and Chicoine: The Guide to Good Health for Teens & Adults with Down Syndrome

**Download** Mental Wellness in Adults with Down Syndrome: A Guide t ...pdf

**Read Online** Mental Wellness in Adults with Down Syndrome: A Guide ...pdf

Download and Read Free Online Mental Wellness in Adults with Down Syndrome: A Guide to Emotional and Behavioral Strengths and Challenges Dennis McGuire, Brian Chicoine

#### From reader reviews:

#### **Robert Caceres:**

Reading a guide can be one of a lot of activity that everyone in the world adores. Do you like reading book therefore. There are a lot of reasons why people like it. First reading a guide will give you a lot of new data. When you read a book you will get new information simply because book is one of numerous ways to share the information or perhaps their idea. Second, reading through a book will make anyone more imaginative. When you reading through a book especially fictional book the author will bring that you imagine the story how the character types do it anything. Third, you are able to share your knowledge to other folks. When you read this Mental Wellness in Adults with Down Syndrome: A Guide to Emotional and Behavioral Strengths and Challenges, you can tells your family, friends and soon about yours e-book. Your knowledge can inspire others, make them reading a guide.

#### **Barbara Baker:**

The book untitled Mental Wellness in Adults with Down Syndrome: A Guide to Emotional and Behavioral Strengths and Challenges is the reserve that recommended to you to learn. You can see the quality of the guide content that will be shown to you actually. The language that publisher use to explained their ideas are easily to understand. The article author was did a lot of analysis when write the book, hence the information that they share to you personally is absolutely accurate. You also can get the e-book of Mental Wellness in Adults with Down Syndrome: A Guide to Emotional and Behavioral Strengths and Challenges from the publisher to make you a lot more enjoy free time.

#### Jimmy Maiden:

A lot of publication has printed but it takes a different approach. You can get it by web on social media. You can choose the very best book for you, science, comedy, novel, or whatever by simply searching from it. It is identified as of book Mental Wellness in Adults with Down Syndrome: A Guide to Emotional and Behavioral Strengths and Challenges. Contain your knowledge by it. Without departing the printed book, it may add your knowledge and make you happier to read. It is most critical that, you must aware about publication. It can bring you from one destination to other place.

#### **Nathaniel Cornelius:**

Reading a guide make you to get more knowledge as a result. You can take knowledge and information from the book. Book is created or printed or highlighted from each source that filled update of news. In this particular modern era like at this point, many ways to get information are available for you. From media social such as newspaper, magazines, science reserve, encyclopedia, reference book, fresh and comic. You can add your knowledge by that book. Are you hip to spend your spare time to spread out your book? Or just looking for the Mental Wellness in Adults with Down Syndrome: A Guide to Emotional and Behavioral Strengths and Challenges when you necessary it?

Download and Read Online Mental Wellness in Adults with Down Syndrome: A Guide to Emotional and Behavioral Strengths and Challenges Dennis McGuire, Brian Chicoine #TFZXKLHUG45

### Read Mental Wellness in Adults with Down Syndrome: A Guide to Emotional and Behavioral Strengths and Challenges by Dennis McGuire, Brian Chicoine for online ebook

Mental Wellness in Adults with Down Syndrome: A Guide to Emotional and Behavioral Strengths and Challenges by Dennis McGuire, Brian Chicoine Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Mental Wellness in Adults with Down Syndrome: A Guide to Emotional and Behavioral Strengths and Challenges by Dennis McGuire, Brian Chicoine books to read online.

#### Online Mental Wellness in Adults with Down Syndrome: A Guide to Emotional and Behavioral Strengths and Challenges by Dennis McGuire, Brian Chicoine ebook PDF download

Mental Wellness in Adults with Down Syndrome: A Guide to Emotional and Behavioral Strengths and Challenges by Dennis McGuire, Brian Chicoine Doc

Mental Wellness in Adults with Down Syndrome: A Guide to Emotional and Behavioral Strengths and Challenges by Dennis McGuire, Brian Chicoine Mobipocket

Mental Wellness in Adults with Down Syndrome: A Guide to Emotional and Behavioral Strengths and Challenges by Dennis McGuire, Brian Chicoine EPub