

# Down Syndrome Regression Disorder



# What is Down Syndrome Regression Disorder?



**This phenomenon marks the rapid loss of a previously acquired skill in an individual with Down Syndrome. While this mostly occurs with individuals who have been diagnosed with Down Syndrome, it can also occur in individuals with Autism.**

**This regression or loss of skill can occur rapidly often in a matter of weeks, with professionals identifying a 12 week period of decline. During these 12 weeks, the parent may notice a difference in behavior from the individual.**

**The most susceptible to DSRD are those with Down Syndrome between the ages of 10 and 30 years old**



# Down Syndrome Regression Disorder

**It is important to note that this is not a common diagnosis. Only after all other possibilities have been explored both physically and mentally by health care professionals should an individual be regarded as regressing due to Down Syndrome.**

**Many symptoms of DSRD are also noticed by parents. In this event, a medical professional should conduct an evaluation. Those experiencing Down Syndrome Regression Disorder can exhibit:**

- 1. Altered mental status- Appearing confused & displaying behaviors that are not normal**
- 2. Refusal to engage with others cognitively**
- 3. Socially withdraw & refusal to participate in daily activities**
- 4. Visible neurological issues**
- 5. Disruption of normal sleeping habits**
- 6. Trouble communicating verbally**
- 7. Psychiatric issues (Anxiety, Depression, OCD, ETC.)**
- 8. Altered ways of moving the body**



# Causes of Down Syndrome Regression Disorder

**Some factors that can influence the onset of DSRD are stress and a sudden switch of routines. These factors push the individual over the edge into regression rather than being the sole reason that regression occurs.**

**Those that are impacted by DSRD will usually fall between the ages of 10 to 30 years old. Unlike other phenomenons that cause these issues such as Alzheimers, DSRS can be treated. Although results can vary with treatment, those suffering from DSRD will typically gain back some lost skills**

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