

Signs of Trauma in a Child or Adult With an Intellectual Disability (IDD)



Behavioral Effects

Many signs of trauma are similar for disabled and non-disabled people, including behavioral effects like aggression, irritability, and withdrawal from others.



Physical Effects

Physical symptoms like stomach aches, headaches, a change in appetite, nightmares or sleep problems can result from trauma.



Repetitive Trauma Play

Repetitive play or stories or phrases with trauma themes can be a sign of trauma in younger children or those with a more severe disability.



Increases in Difficulties

Another sign is an increase in difficulties related to their condition (communication, motor skills, social skills, daily living) that are still present 12 months post-trauma



Cognitive Effects

Cognitive effects like memory problems or difficulties learning new skills can be due to trauma.