

Definition of Terms:

A **biopsychosocial assessment** is used in fields like social work and psychology, at the beginning of therapy, to assess the biological, psychological, and social factors involved with a client.

The purpose of this assessment is to understand how these three factors are influencing the client's health or issue that the client is presenting with. It is a holistic assessment that looks at the client on all three levels and how these levels may interrelate with one another. The client undergoes a biopsychosocial interview in order to complete the assessment so that a treatment plan can be established.

Assessment Adaptations/ Considerations

Many individuals with IDD, especially those who are in residential settings, have a poverty of social experiences; thus, during assessment, we must consider **whether behavioral health symptoms are exacerbated by isolated community experiences**. So during treatment planning, building better social experiences through more engagement with the community, may be important.

Inclusion on family/caretakers is vital. Information should be obtained from them, and then conduct some direct observation to corroborate. Review of available records should be attempted prior to assessment.

Inviting other professionals to participate in the assessment is appropriate, particularly any that have history with the individuals (physician, ABA, OT/PT).

Recognize and address any **potential biases or potential misconceptions or assumptions** about individuals with IDD

New Resource:

Guidelines for Assessment and Intervention with Persons with Disabilities

were adopted by the APA Council of Representatives in February 2022 and replace those from 2011 (*while primarily targeted to psychologists and psychologist trainees, there's still good material in it for all*).

Key Updates:

- Heightened diversity, equity, and inclusion considerations;
- Greater emphasis on the need for attention to the implications of the intersectional identities of people with disabilities.
- Additional information was added about family/care assistants, abuse, and health promotion – all grounded in research.
- More emphasis on situational and disability related factors affecting assessment, and even more specifically multimodal assessment.

[Guidelines for Assessment and Intervention with Persons with Disabilities \(apa.org\)](https://www.apa.org/pract/guidelines-for-assessment-and-intervention-with-persons-with-disabilities)

