

## **GLOBAL DEVELOPMENTAL DELAY**

### **Definition**

Global developmental delay (GDD) is defined as significant delays in 2 or more developmental “domains” including: gross or fine motor skills, speech/language, cognitive, social skills, and activities of daily living. It is a term generally used in children less than 5 years of age and is often thought to predict a future diagnosis of intellectual disability (ID). The diagnosis of ID is generally made in children over 5 years of age when testing of IQ and developmental skills become more reliable.

### **Causes**

There are many causes of GDD:

- Genetic causes eg. missing or extra chromosomes, Fragile X syndrome, Rett syndrome
- Brain abnormalities
- Metabolic disorders
- Prenatal/perinatal factors eg. Prematurity, lack of oxygen, infections

In up to half of the cases, no cause can be determined.

### **Assessments**

Often, your pediatrician will want to gather more information about your child’s development by getting formal assessments of their skills. There are a number of different health care professionals that may be involved:

- Physiotherapist (PT) - assess and provide support for gross motor skills (larger movements like crawling, walking, running)
- Occupational therapist (OT) - assess and provide support for fine motor skills (smaller movements involving the hands)
- Speech/language pathologist (SLP) - assess and provide support for speech and language skills
- Psychologists - assess and provide support for cognitive skills, emotional/behavioural concerns
- Audiologist - tests hearing
- Optometrist/ophthalmologist - tests vision

### **Investigations**

Your pediatrician may recommend testing to try to determine the cause of your child’s developmental delays. These tests may include:

- Blood tests, including for genetic or metabolic disorders
- Brain imaging

### **Management**

Regardless of the cause of GDD, the most important thing is that your child gets all the support they need to continue to learn and develop their skills. This usually involves a team working together including your pediatrician and some of the therapists listed above (PT, OT, SLP). There are many resources in Calgary that can be very helpful in providing support.



## **Resources**

The following is a list of agencies that may offer support and resources to children with intellectual disability/global developmental delay

### **Family Support for Children with Disabilities (FSCD)**

Website: <https://www.alberta.ca/fscd.aspx>

### **Information on Alberta Education and PUF**

Website: <https://www.alberta.ca/early-childhood-education.aspx>

### **Children's Link**

Website: [www.childrenslink.ca](http://www.childrenslink.ca)

Phone: 403-230-9158

### **Between Friends Club**

Website: [www.betweenfriends.ab.ca](http://www.betweenfriends.ab.ca)

Phone: 403-269-9133

### **Inclusion Alberta**

Website: <https://inclusionalberta.org/>

Phone: 403-717-0361

### **Vecova**

Website: <https://vecova.ca/>

### **Development Disability Resource Centre of Calgary**

Website: [www.ddrc.ca](http://www.ddrc.ca)

Phone: 403-240-3111