What is an Intellectual Disability?

It is a disability characterised by significant limitations in both intellectual functioning and in adaptive behaviour, which covers many everyday social and practical skills. This disability originates before the age of 18. Persons with intellectual disabilities (ID) have limitations in 2 or more of the following adaptive skills:

- **Learning**
- **Self Direction**
- **Work Tasks**
- **Communication**
- **Personal Care**
- **Social Skills**

This means a baby with ID may learn to crawl or talk later than other children.

A child or adult with ID may have difficulty talking, reading, writing or taking care of themselves.

A person can have a mild, moderate or severe ID.

Just like everyone else in the community, each person with an intellectual disability is different.