

Box 4-1

CALCULATING CHRONOLOGICAL AGE

Where the developmental age of a child is usually calculated through evaluation and assessment, the chronological (or birth age) of a child can be calculated as follows:

Current Year	Current Month	Current Day	2015	01	02
Birth Year	Birth Month	Birth Day	2005	11	05

Consider that a year has 12 months, and generalize to assume that each month has 30 days. Work from right to left and “borrow” as necessary:

You would “borrow” from the month column = 30 days for 1 month

You would “borrow” from the year column = 12 months for 1 year

The final answer to the problem above is 9 years, 1 month, 27 days

Another example:

2015	12	15			
2000	10	10	= 15 years,	2 months,	5 days

prematurely, the child should be expected to be performing developmental tasks similar to a 4.5-month-old baby. With the support of therapy, this difference can be minimized and eliminated over time. However, the greater the difference between chronological and developmental age, the greater the disability.

- **Chromosomal diseases:** Some examples of chromosomal diseases include Down syndrome, Klinefelter syndrome, Fragile X syndrome, and Turner syndrome. Of these diagnoses, probably the most well know is Down syndrome or trisomy 21. In the past, this syndrome was referred to as *mongolism* because people with Down syndrome characteristically possess slanted eyes due to an extra ocular skinfold. This term is no longer commonly used or considered appropriate. Along with the particular presentation of the eyes, these individuals tend to have lower than average IQ; an additional fold in their palms called a *simian crease*; a rather “chubby” looking or protruding abdomen (due to low muscle tone and strength); and problems with vision, speech, and gross and fine motor skills. As children, they tend to reach developmental milestones at a later age and may “peak” in developmental progression at a young age. They tend to be pleasant in nature, exhibit low muscle tone, walk with a wide-based or shuffling gait pattern, have vision and cataract problems, and speak in a voice that is considered to be more nasal in tone.

In the past, people with Down syndrome tended not to live past their third decade. Due to medical advancements, they are living longer—into their 40s, 50s or 60s—and are experiencing the effects of aging, like arthritis and DAT, earlier than the normal population. Rapid aging symptoms include skin wrinkling; lack of skin elasticity; vision and age-related vision problems like cataracts, macular degeneration, and presbyopia; arthritis in weightbearing joints and osteoarthritis; and early menopause