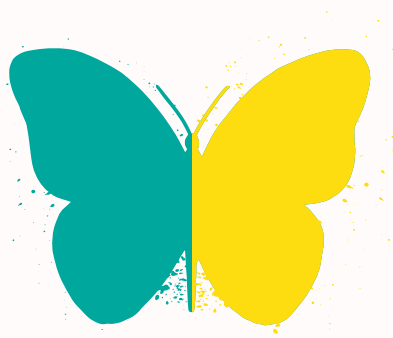


DOWN SYNDROME CLINIC GUIDE & CHECKLIST

AS PART OF THE DOWN SYNDROME COMMUNITY YOU ARE PROBABLY FINDING THAT THERE ARE ENDLESS RESOURCES OUT THERE FOR THE TAKING! ONE OF THOSE RESOURCES IS YOUR LOCAL DOWN SYNDROME CLINIC.

IF YOU'RE UNSURE WHERE TO START, GO TO globaldownsyndrome.org/research-medical-care/medical-care-providers FOR A FULL LIST OF MEDICAL CARE CENTERS IN THE UNITED STATES.

THIS APPOINTMENT CAN BE VERY OVERWHELMING BECAUSE IT IS MANY SPECIALISTS VISITS ROLLED INTO ONE LARGE ONE. IT IS A LONG DAY WITH A LOT OF INFORMATION - WHICH IS WHY I CREATED THIS CHECKLIST TO HELP GUIDE YOU THROUGH YOUR NEXT VISIT TO THE DOWN SYNDROME CLINIC!



DOWN SYNDROME CLINIC GUIDE & CHECKLIST

TIPS FOR MAKING THE MOST OF YOUR VISIT TO THE DOWN SYNDROME CLINIC:

1. DON'T DO IT ALONE - Ask someone to come with you, especially if you have a small baby or child. You will want the extra set of hands and ears!
2. BRING A NOTEPAD & PEN - You're going to want to write down any suggestions, numbers, names, and instructions you're left with.
3. BRING SUBSTANTIAL SNACKS - I suggest a banana, pb&j, or pistachios to keep your mind and your stomach from running on fumes.
4. BE PREPARED - This is important. Make a list of all your questions. Anything you are curious of, worried about or proud of! (If you can, try to categorize them between specialists so you remember to ask the right people.) Also find any picture or video evidence that you'd like to share with the doctors and find those beforehand as well.

Here is a list of possible specialists you might see in the DS Clinic depending on age and/or needs:

Adolescent Medicine(>13 yrs) - Audiologist - Behavioral Psychologist
Dietitian - Genetic Counselor - Internal Medicine - Nurse Practitioner
Occupational Therapist - Pediatrician(<13 yrs) - Social Worker
Speech Pathologist

DOWN SYNDROME CLINIC GUIDE & CHECKLIST

Date, Time & Location of Appointment:



PRE-APPOINTMENT CHECKLIST



ASK SOMEONE TO TAG ALONG



PACK NOTEPAD & PEN



PACK SNACKS & WATER



WRITE LIST OF QUESTIONS



FIND PICTURES & VIDEOS



