



DOWN SYNDROME GUILD
OF DALLAS

Options for Adults Programs and Services

Social Activities - Every month there is an opportunity for adults with Down syndrome to interact in a fun atmosphere – bingo, bowling, dances, board games, etc.

Best Buddies - A partnership with the Best Buddies chapter at Southern Methodist University offers adults with Down syndrome an opportunity to have a one-on-one relationship with a college buddy.

Parent-to-Parent Support - Options for Adults quarterly meetings are offered to discuss topics of interest to families whose children with Down syndrome are no longer receiving school services. Topics include: wills and trusts, services available from agencies, health and wellness, residential options, etc. One-on-one parent-to-parent support is available by calling the DSG office.

Resource Guide - An overview of the resources available for adults with Down syndrome in our community – includes a checklist for families.

Consultation Service - An opportunity to meet one-on-one with our contract consultant to discuss how to best navigate the myriad of state, federal and local agencies that provide funding and/or services for adults with Down syndrome. This program is available at no fee (maximum of four hours of the consultant's time) to any DSG member family whose child is no longer receiving school services.

Agency Collaboration - Staff and parent volunteers regularly network and collaborate with service agencies/organizations (public and private) in our community regarding the needs of adults with Down syndrome. These interactions (formal and informal) benefit all DSG members.

Roommate Registry – Staff maintains a notebook of roommate profiles for those families who are interested in a residential option for their adult child with Down syndrome, providing an opportunity for networking.

Fall Conference - Provides speakers of interest to families who are planning the transition from school to adult life and those who are trying to navigate the agencies which provide services to adults with Down syndrome.

Newsletter - Every month the *DSG News* features an informative article or a notice about events of interest to families of adults with Down syndrome.

Advocacy - Staff and parent volunteers communicate with state and federal legislators about issues that impact the services and programs for adults with Down syndrome. Collaboration with other advocate groups and agencies is also a priority.

Adult Genetics Clinic – A subcommittee is working with this clinic at the University of Texas Southwestern Medical Center (UTSW) to address the complex healthcare needs of adults with Down syndrome. The goal is to develop a model similar to the interdisciplinary team approach used at the Down Syndrome Clinic at the Children's Medical Center in Dallas.