I have Down syndrome

Get to Know Me!

Down Syndrome Association of Central Texas

Peggy Wolf
Education Manager
peggy.wolf@dsact.org
(737) 932-5551
www.dsact.org

Lifelong Goals

I want to have:

- A job
- Postsecondary opportunities
- My own home
- Friends, relationships, and marriage

Possible Medical Issues

- Hearing Loss
  - Front row is best
- Vision Issues
- Low Muscle Tone
  - Speech challenges
  - Difficult to understand me
  - Need alternative communication
  - Fine motor challenges
- Sleep Apnea
  - Loss of focus in afternoon
- Respiratory Issues
  - Slow recovery
  - Irritable
For me to be successful:

1. Provide structure and routine
2. Short, clear expectations
3. Instructions in small chunks and small steps
4. Visual presentation of rules, instructions, and work expectations
5. Lots of repetition because of short term working memory
6. Extra processing time: 10 seconds can change a life!
7. Offer choices
8. Consistency with behavior expectations
9. Transition warning and plan, like a timer, visuals, a job
10. Visual schedules
11. Focus on target goals, not secondary activities such as cutting out items
12. Allow the child to feel successful
13. Reinforce positive behavior
14. Demonstrate knowledge other than verbally by selecting, fill in the blank, multiple choice, show me
15. Use peers as role models
16. Do not ask questions that can be answered with a NO

My Strengths

- Visual Learner
- Good social understanding
- Model peer behavior and expectations
- Great imitator
- Visual short term memory
- Strong reader including sight words
- Good attention in short burst
- Receptive language, understanding language is greater than ability to express self
- Tactile, concrete learner
- Sign language reinforces spoken language and reduces frustration