

Q&A with the ADSC Providers

Adult Down Syndrome Center

February 16, 2022

Brian Chicoine, MD | Medical Director

Katie Frank, PhD, OTR/L | Occupational Therapist

Hannah Graham, MD | Physician



Adult Down Syndrome Center





Park Ridge, IL


Our mission is to enhance the well-being of people with Down syndrome who are 12 and older by using a team approach to provide comprehensive, holistic, community-based health care services.



Online Resource Library



 Advocate Medical Group
Adult Down Syndrome Center



I'm looking for... 



MENU 


[Updates on COVID-19 Booster Shots and Third Doses](#)
Read the latest guidance from the CDC and Adult Down Syndrome Center.


Adult Down Syndrome Center | Resource Library


 For People with
Down Syndrome


 For Families
& Caregivers


 For Health Care
Professionals


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Reminders

- This webinar is being recorded.
 - Available within two weeks in our Resource Library (and emailed to attendees).
 - <https://adscresources.advocatehealth.com>

Disclaimer

This information is provided for educational purposes only and is not intended to serve as a substitute for a medical, psychiatric, mental health, or behavioral evaluation, diagnosis, or treatment plan by a qualified professional.

Format

- Q&A
 - Thank you for submitting questions during registration!
 - Please submit additional questions using the Q&A option.

Speakers



Brian Chicoine, MD



Katie Frank, PhD, OTR/L



Hannah Graham, MD

Alzheimer's disease

What are some signs of dementia? At what age is it commonly diagnosed?

Are individuals with Down syndrome at higher risk of developing Alzheimer's disease? Does family history play a role?

**Are there ways to prevent
Alzheimer's disease?**

**What do studies show with
regard to amyloid plaque and
pTau treatment?**

**Can prevagen help memory
loss?**

Alzheimer's disease

- Aging and Alzheimer's Disease in Adults with Down Syndrome (Adult Down Syndrome Center) – [Webinar](#)
- How is Alzheimer's Disease Diagnosed in a Person with Down Syndrome? (Adult Down Syndrome Center) – [Article](#)
- Alzheimer's Disease & Down Syndrome: A Practical Guidebook for Caregivers (National Down Syndrome Society) – [Guidebook](#)
- Seizures in People with Down Syndrome and Alzheimer's Disease (Adult Down Syndrome Center) – [Article](#)
- Aducanumab (Aduhelm) and Down Syndrome – [NTG Website](#)
- Complete List – [Link](#)

COVID-19 & immunology

**Are individuals with Down
syndrome considered
immunocompromised?**

**What is your experience with
and recommendations for
COVID-19 vaccines in people
with Down syndrome?**

COVID-19

- COVID-19 and Down Syndrome Taskforces (Trisomy 21 Research Society) – [Resource Page](#)
- COVID-19 Vaccination Position Statement (DSMIG-USA) – [Link](#)
- Mental Health Causes for Behavior Change During a Pandemic Webinar (Adult Down Syndrome Center) – [Webinar](#)
- Possible Causes of Regression in People with Down Syndrome during the COVID-19 Pandemic (Adult Down Syndrome Center) – [Article](#)
- Complete List – [Link](#)

Occupational therapy

What is occupational therapy?

When should an adolescent and adult with Down syndrome seek treatment with an OT? What might an OT work on with them?

**How can I locate an
occupational therapist?**

How can visual supports help adolescents and adults with Down syndrome?

**How can I help my loved one
prepare for medical
appointments (blood draws,
sleep studies, etc.)?**

**How do you balance
independence with good health
and safety?**

Occupational therapy

- What is Occupational Therapy? (Adult Down Syndrome Center) – [Article](#)
- Sensory Processing and Down Syndrome (Adult Down Syndrome Center) – [Article](#)
- Tips for Successful Blood Draws (Adult Down Syndrome Center) – [Article](#)
- Visual Supports (Adult Down Syndrome Center) – [Article](#)
- Visuals and Handouts for People with Down Syndrome (Adult Down Syndrome Center) – [Resource List](#)

Mental health

Is grief different in people with Down syndrome? How do you support a person with Down syndrome who is grieving?

How do you treat compulsive behaviors in a person with Down syndrome with and without autism?

**What recommendations do you
have for treating hallucinations
or vivid dreams?**

Mental Health

- Promoting Mental Health in Adolescents & Adults with Down Syndrome (Adult Down Syndrome Center) – [Webinar](#)
- The Groove in People with Down Syndrome (Adult Down Syndrome Center) – [Webinar](#)
- Depression in People with Down Syndrome (Adult Down Syndrome Center) – [Article](#)
- Complete List – [Link](#)

Skin and hair

**What are some common
treatments for folliculitis?**

Skin and hair

- Folliculitis and Boils in People with Down Syndrome (Adult Down Syndrome Center) – [Article](#)
- Down Syndrome and Hidradenitis Suppurativa (Society for Pediatric Dermatology) – [Article](#)
- Bathing and Showering Tips (Adult Down Syndrome Center) – [Article](#)
- Complete List – [Link](#)

Aging

**What health issues are common
as individuals with Down
syndrome age?**

What are ways to help loved ones with Down syndrome get optimal care from health providers as they age?

**How do you know when an adult
with Down syndrome needs
hospice as he/she ages?**

Aging

- Aging and Down Syndrome: A Health & Well-Being Guidebook (National Down Syndrome Society) – [Guidebook](#)
- Mental Wellness and Aging in Adults with Down Syndrome (Adult Down Syndrome Center) – [Webinar](#)
- The Role of Polypharmacy: General Aging in Intellectual & Developmental Disabilities (Julie Moran, DO) – [Video](#)
- Complete List – [Link](#)

Orthopedics

**What is atlantoaxial instability,
how do we screen for it, and
how is it treated?**

Orthopedics

- GLOBAL Medical Care Guidelines for Adults with Down Syndrome (Global Down Syndrome Foundation) – [Guidelines](#)
- Complete List – [Link](#)

Cancer

- Breast Cancer and Breast Cancer Screening for Women with Down Syndrome (Adult Down Syndrome Center) – [Article](#)
- Complete List – [Link](#)

Endocrinology

- Does TSH Tell the Whole Story? (Adult Down Syndrome Center) – [Article](#)
- Thyroid, Weight, and Metabolism (Adult Down Syndrome Center) – [Article](#)
- Complete List – [Link](#)

Sleep

- Addressing Challenges with Falling or Staying Asleep (Adult Down Syndrome Center) – [Article](#)
- Sleep in Adolescents and Adults with Down Syndrome (Adult Down Syndrome Center) – [Webinar](#)
- Advancements in the Treatment of Obstructive Sleep Apnea (Michael Layland, MD) – [Webinar](#)
- Complete List– [Link](#)

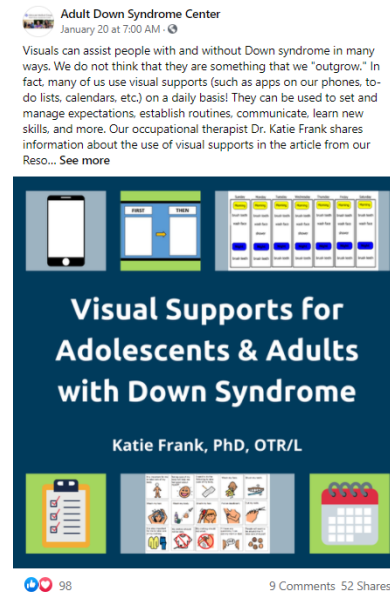
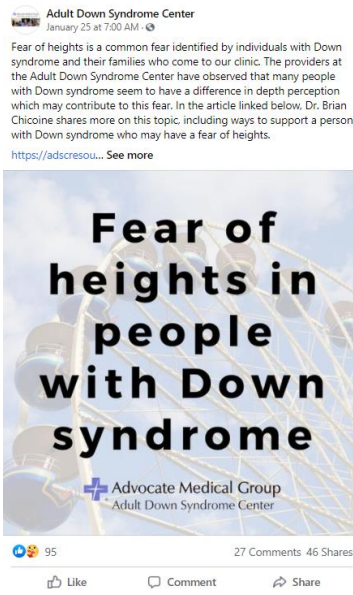
Weight Management

- Weight Management in Adults with Down Syndrome (Adult Down Syndrome Center) – [Article](#)
- Complete List of Nutrition & Healthy Eating Resources – [Link](#)
- Complete List of Exercise & Physical Activity Resources – [Link](#)

Other

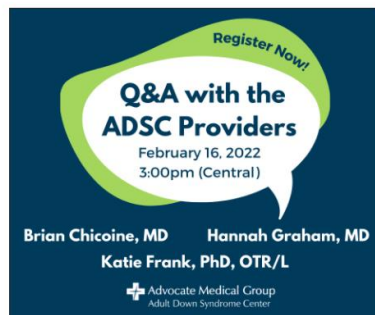
- Down Syndrome Medical Interest Group – USA – [Website](#)
- Health Questionnaire (Adult Down Syndrome Center) – [Link](#)

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Join our email list



Do you have questions about health and wellness of adolescents and adults with Down syndrome? Our next webinar is for you! Join Brian Chicoine, MD, Katie Frank, PhD, OTR/L, and Hannah Graham, MD for a Q&A on Wednesday, February 16, at 3:00pm (Central). Questions may be submitted before the webinar and/or during the webinar. Please click the button below to register and submit a question.

REGISTER NOW

Resources



Even if the weather outside is frightful, there are many activities we can do at home to fight boredom, stay active, be social, and have fun. We recently updated our "Activities You Can Do at Home" resource. There are ideas for arts and crafts, cooking, education and learning, fitness and physical activity, games, and more.

Explore activities

<http://eepurl.com/c7uV1v>

Resources Library:
adscresources.advocatehealth.com

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facebook.com/adultdownsyndromecenter

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eepurl.com/c7uV1v

Thank you