

# Down Syndrome Clinic at Kennedy Krieger Institute

## Who We Are

The Down Syndrome Clinic at the Kennedy Krieger Institute offers interdisciplinary and comprehensive evaluations and services for children and young adults with Down syndrome. Our goal is to help all patients reach their full potential and function as independently as possible in family, school, and community life. We are celebrating our 20th anniversary in 2010.

## Who We Serve

We serve patients from all over the United States from birth to adulthood with challenges that include the following:

- Pediatric developmental delay
- Complex neurodevelopmental and behavioral concerns
- Adolescent and adult mental health needs

## Our Treatment Approach

Despite advances in medical and surgical care, and early intervention programs, many children with Down syndrome continue to experience significant challenges with cognitive, speech, and language function. Some may experience secondary impairments due to unrecognized or chronic problems with sleep, behavioral, and emotional issues. With this in mind, our team of experts can provide evaluation, consultation, and treatment in six areas.

*Medical Issues*—Because certain medical conditions frequently associated with Down syndrome can cause health problems and slow developmental progress, we provide the following:

- Comprehensive neurodevelopmental screenings
- Preventive medical screenings and recommendations
- Medical consultation for specific concerns
- Recommendations for parent education
- Adult medical screening and consultation

*Audiology*—Hearing loss occurs frequently with Down syndrome, and in young children it can potentially affect the



development of speech and language, cognition, behavior, and social skills. Our audiology team will do the following:

- Evaluate hearing
- Diagnose hearing loss
- Fit hearing aids, when necessary

*Physical Therapy*—Early consultation with a physical therapist can help determine what type of therapy can best help your child. Our physical therapists will help your child achieve gross motor milestones, while providing:

- Assessment of motor skills
- Home programs
- Parent training
- Ongoing therapy

*Occupational Therapy*—Occupational therapists facilitate skill development, with an emphasis on:

- Assessment of arm and hand use
- Safe and appropriate feeding skills
- Increasing independent participation in daily living activities

Every child is born with great potential.  
Shouldn't every child have the chance to achieve it?



Kennedy Krieger Institute

For more information, visit [www.kennedykrieger.org](http://www.kennedykrieger.org) or call 888-554-2080

Other occupational therapy services may include the following:

- General assessment
- Home programs
- Parent training
- Ongoing therapy
- Supervision of feeding and swallowing studies
- Adaptive equipment recommendations

*Speech and Language*—Our patients typically experience delays in speech, language, and communication skills that may cause difficulty in understanding language, weakness in functional communication skills, and behavioral difficulties. Our speech and language pathologist will:

- Develop a profile of speech, oral-motor, language and communication abilities
- Formulate recommendations to help maximize language and communication potential
- Provide parent training

*Behavioral Psychology*—Parent training, behavioral consultation, and treatment are available for individuals with a wide range of behavioral challenges. This includes treatment and/or training for:

- Noncompliance or tantrums
- Aggression or self-injury
- Toileting skills
- Communication deficits
- Social adaptive skills
- Sleep problems
- CPAP/BiPAP training

The following services are provided in the clinic, home, school, and other community settings:

*Clinical Psychology*—Through psycho-educational evaluation, we can identify strengths and weakness to help formulate goals for your child's individualized education program (IEP) and ensure an appropriate educational curriculum.

*Social Work*—Down syndrome strongly affects the entire family, and because each family member copes differently, our social workers can help with:

- Mental health evaluation
- Referral to community resources and parent groups
- Assistance with transitions and life-care planning
- Individual and family counseling upon request

### **Our Research Program**

Our clinical research programs play a direct role in patient care as well as finding and developing effective therapies for conditions that co-occur with Down syndrome. To learn more about our current clinical studies and trials, please visit [research.kennedykrieger.org](http://research.kennedykrieger.org).

### **Mentoring Program**

Kennedy Krieger offers Brightside, a mentoring program that links teens with Down syndrome to young adult mentors with Down syndrome. The program encompasses a wide range of activities tailored to meet the specific needs of the group. These activities emphasize communication skills, group affinity, decision making, personal empowerment, self-help, financial responsibility, lifetime fitness, creative movement, and the arts.

### **Contact Information**

For more information or to schedule an appointment, please call 443-923-9400, or toll-free at 888-554-2080.

TTY (For speech and hearing impaired):  
443-923-2645

### **Physicians & Healthcare Professionals**

Healthcare professionals wishing to make a referral should contact our Physician Assistance Group at 443-923-9403.

### **Down Syndrome Clinic**

Mailing Address:  
707 North Broadway  
Baltimore, Maryland 21205  
[www.kennedykrieger.org](http://www.kennedykrieger.org)

Clinic Location:  
801 North Broadway  
Baltimore, Maryland 21205