

Down Syndrome

Special Needs Resource and Training Blog

Fact Sheet #3
October 2018



Facts

- There are three types of Down syndrome: trisomy 21 (nondisjunction) accounts for 95% of cases, translocation accounts for about 4%, and mosaicism accounts for about 1%
- Down syndrome is the most commonly occurring chromosomal condition. Approximately one in every 700 babies in the United States is born with Down syndrome – about 6,000 each year
- Down syndrome occurs in people of all races and economic levels
- The incidence of births of children with Down syndrome increases with the age of the mother. But due to higher fertility rates in younger women, 80% of children with Down

- syndrome are born to women under 35 years of age
- People with Down syndrome have an increased risk for certain medical conditions such as congenital heart defects, respiratory and hearing problems, Alzheimer's disease, childhood leukemia and thyroid conditions. Many of these conditions are now treatable, so most people with Down syndrome lead healthy lives
 - A few of the common physical traits of Down syndrome are: low muscle tone, small stature, an upward slant to the eyes, and a single deep crease across the center of the palm. Every person with Down syndrome is a unique individual and may possess these characteristics to different degrees or not at all.

Prevalence

- The incidence of Down syndrome is between 1 in 1000 to 1 in 1,100 live birth worldwide.
- Each year, approximately 3,000 to 5,000 children are born with Down syndrome.
- 60-80% of children with Down syndrome having hearing issues

- 40-45% of children with Down syndrome have congenital heart disease

What is Down Syndrome?

A learning disability is defined as a neurological-based processing, which interferes with learning basic skills including reading, writing or math. Higher level skills such as organizational skills, abstract reasoning and long-term memory are also affected.

What Are the Signs and Symptoms Down Syndrome?

- Delays in the area of gross motor and fine motor skills
- Short attention span
- Speech and language challenges
- Sequencing
- Poor muscle tone
- Poor judgment
- Hearing loss
- Heart abnormalities

Types of Down syndrome

Trisomy 21- Most common type (95%) occurs when there are three, rather two, number 21 chromosomes present in every cell of the body.

Translocation- 3% of all cases part of 21 breaks off during cell division and attaches to another chromosome.

Mosaicism- Occurs when there is a mixture of two types of cells- accounts for 2% of all cases of Down syndrome- Some of their

cells have 3 copies of Chromosome 21 but other cells have the typical two copies of Chromosome 21.

For Educators

Teaching Strategies

Allow extra time for them to complete tasks.

- Provide increased opportunities for practice.
- Muscle development can require repetitive training.
- Work with physical therapists to identify and improve specific muscle development needs.
- To support fine motor development, use wrist and finger strengthening activities. Multisensory activities and materials work well.

Provide opportunities to practice self-help skills such as buttons and zippers.

Organizations

Band of Angels:

<http://www.bandofangels.com/>-

Established in 1994, Band of Angels provides support for individuals with Down Syndrome and their families. The website offers links on Down Syndrome support groups and a litany of topics including, adoption, autism and education.

Down Syndrome International

<https://www.ds-int.org/>

A U.K. based international organization comprising a membership of individuals and organizations from all over the world.

Disseminates information on Down Syndrome including prenatal diagnosis, early intervention, education, medical, health, employment, aging and human rights. Down Syndrome International also promoted World Down Syndrome Day (March 21) as a day dedicated to people with Down Syndrome.

Global Down Syndrome

<http://www.globaldownsyndrome.org/>

Provides fundraising, education and governmental advocacy for the Linda Crnic Institute for Down Syndrome. Resources available on the website include, information on research, medical care and facts on Down Syndrome.

International Down Syndrome Coalition:

<http://theidsc.org/>

Dedicated to helping and advocating for individuals with Down syndrome from conception and throughout life. Offers support to parents who are new to the Down syndrome diagnosis by connecting parents to each other.

National Association for Down

Syndrome <http://www.nads.org/>

NADS is the oldest organization in the United States serving individuals with Down syndrome and their families. Also provides families with information and resources that will enable them to access appropriate services and educates the public about Down syndrome.

National Down Syndrome Congress

<http://www.ndscenter.org/>

The purpose of the NDSC is to promote the interests of people with Down syndrome and their families through advocacy, public awareness, and information. When we empower individuals and families from all demographic backgrounds, we reshape the way people understand and experience Down syndrome.

National Down Syndrome Society

<http://www.ndss.org/>

NDSS provides resources to new and expectant parents and offers a toll-free helpline and email services. NDSS also focuses on transitions, wellness and education

