

## How can you help us?

At your clinic visit, we will provide:

- A formal developmental assessment
- Consult about any sensory issues, feeding or motor problems, and speech delays
- A team evaluation for concerns about behavior problems
- Parenting tips to manage difficult behavior
- Collaboration with your early intervention or school programs
- Connection with resources or support groups for parents and siblings
- Education about health maintenance guidelines from the American Academy of Pediatrics (AAP)
- Information about prescription medicines for behavior concerns, as needed

After your visit, we will:

- Give you a detailed report of your child's developmental, cognitive, and behavioral strengths and weaknesses
- Suggest ways to enhance your child's development
- Provide information on school readiness, peer relations, coping, resources, and more

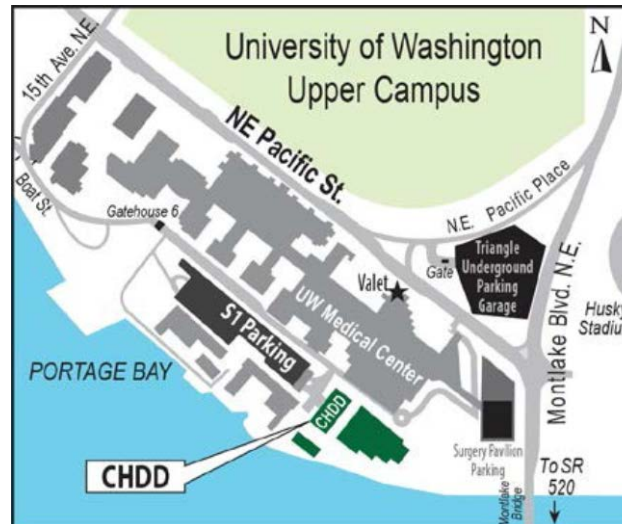
## What are the costs?

Health insurance covers most clinic visits. Costs depend on your child's age and how many specialists you see.

Please talk with your health insurance company about what services they cover, what co-pays you will need to pay, and whether you need authorization before your clinic visit.

## Where is the clinic?

Our clinic is at the Center on Human Development and Disability (CHDD), just south of UW Medical Center. Parking in the S1 parking garage costs \$15. We will repay you this amount after your visit.



### Questions?

To set up your clinic visit, call 206.598.9348.

Please request an interpreter, if needed.

Location and parking information: <http://depts.washington.edu/chdd/gist/directions.html>

UW Medicine

UNIVERSITY OF WASHINGTON  
MEDICAL CENTER



Center on Human Development and Disability

### Down Syndrome Specialty Clinic

Box 357920

1959 N.E. Pacific St., Seattle, WA

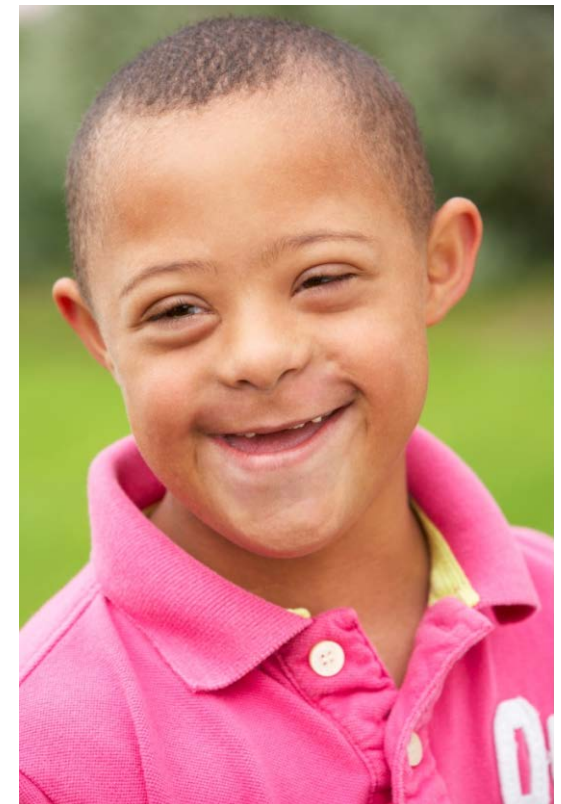
98195

(1701 N.E. Columbia Rd.)

206.598.9348

# Down Syndrome Specialty Clinic

*At the Center on Human Development and Disability*



UW Medicine  
UNIVERSITY OF WASHINGTON  
MEDICAL CENTER

## What is the Down Syndrome Specialty Clinic?

The Down Syndrome Specialty Clinic provides long-term developmental and behavioral consults and care for children with Down syndrome. Our goal is to help children with Down syndrome reach their greatest potential and have a successful transition to adulthood.

Our clinic helps find problems early, provides ongoing monitoring, and suggests treatments and therapies. Some of the areas we can help with are:

- Motor and *cognitive* (thinking) skills
- Emotional, behavioral, and social development
- Feeding skills
- Speech and language development
- Play skills
- Attention, learning, and memory
- Plans for early intervention, preschool, school, and therapy programs



## Does my child need to visit the clinic?

Behavioral and mental health problems in children with Down syndrome are common and need special treatment.

Health screenings can have a major impact on your child's development and behavior. They can also affect how well your child does in school and in transition to adulthood. Only 9.8% of children with Down syndrome (fewer than 10 out of 100 children) receive the health screenings that the AAP recommends.

Our clinic staff are experts in health screenings, managing behavior problems, and treating mental health issues that may arise. The care we provide fills gaps that often exist in the care of children with Down syndrome.

## How does my child get referred?

You can get a referral to our clinic from your child's primary care provider.

## Who will assess my child?

As needed, these specialists will assess your child:

- Developmental behavioral pediatrician
- Psychologist
- Special educator
- Nutritionist
- Social worker
- Audiologist
- Genetic counselor
- Physical, occupational, and speech therapists



## How long do visits last?

The length of your visit depends on how many specialists you see. Younger children come for 1 visit that lasts 2 to 3 hours. Older children, who may need more complex testing, usually need 2 visits that last 2 to 4 hours each.

## Do you work with early intervention and school programs?

Early intervention programs offer services such as physical, occupational, and speech therapy in your home. Our clinic identifies children who need these services. We can also suggest treatment goals for your child's early intervention team to work on.

When children are in school, we can review the school's IEP (individualized education plan) and work with parents and schools to make sure your child has the best placement and services.

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