



WAISMAN CENTER
UNIVERSITY OF WISCONSIN-MADISON

Fifth Annual

Waisman Center Day with the Experts: Down Syndrome

Learn about the latest advances in research and clinical services and hear from a panel of experts—individuals with Down syndrome and family members.

Saturday, March 21, 2015 | 9:00 a.m. - 1:00 p.m.
(Complimentary coffee & bagels at 8:30 a.m.)

9:00–9:15 a.m.

Welcome and Introduction to the Waisman Center

Albee Messing, VMD, PhD, Professor of Neuropathology, Waisman Center Interim Director

9:15–9:45 a.m.

Sleep Apnea in Children and Adolescents with Down Syndrome

Camilla Matthews, MD, Associate Professor, Pediatric Pulmonology and Sleep Medicine, Department of Pediatrics
Vivek Balasubramaniam, MD, Associate Professor, Pediatric Pulmonology and Sleep Medicine, Department of Pediatrics
Obstructive sleep apnea in children and adolescents with Down syndrome is extremely common with greater than 50% prevalence. Sleep apnea impacts daytime behavior and alertness, cardiovascular risk factors, pain, immune function, and insulin resistance. This presentation will discuss the causes and symptoms of obstructive sleep apnea as well as testing and treatment options.

9:45–10:15 a.m.

A Toolkit of Strategies for Advancing Communication Skills for Children with Down Syndrome

Julie Gamradt, MS, CCC-SLP, Director, Waisman Center Communication Aids and Systems Clinic
Shannon Theis, PhD, CCC-SLP, Senior Clinical Speech Pathologist, Waisman Center Clinics
Children with Down syndrome can encounter significant barriers to advancing their speech, language, and communication skills that require strategies and tools to support development. This presentation highlights the benefits of early identification, identify common barriers, and introduce a “toolkit” of strategies for supporting speech and language development including the use of iPads and apps.

..... **BREAK**

10:30–11:00 a.m.

Community Support to People with Down Syndrome and Challenging Behaviors

Paul White, MA, Director, Waisman Center Community TIES Program
The Community TIES program provides outreach behavioral support to people with developmental disabilities. This presentation offers an overview of practical strategies for families and their community support teams to consider for people with Down syndrome.

11:00–11:30 a.m.

Promoting Positive Sexuality and Abuse Prevention for Individuals with Down Syndrome

Susan Heighway, PNP, Pediatric Nurse Practitioner, Waisman Center Clinics
Sexuality is an important part of the total life experience and it is essential to provide individualized education and sensitive support about sexuality, abuse prevention and social relationships as we guide and teach individuals of all ages with Down syndrome. This presentation provides a framework for approaching the topic of sexuality, shares approaches and strategies for providing support to people with Down syndrome and their families and reviews issues and concerns.

11:30 a.m.–12:15 p.m.

LUNCH—Optional, \$5 box lunches (Cousins Subs) available for purchase. Gluten free options available.
Optional question and answer session with a panel of clinicians.

12:15–1:00 p.m.

PANEL DISCUSSION—A panel of experts that includes individuals with Down syndrome and family members.

Please pre-register at
waisman.wisc.edu/events-experts-ds2015.htm

*Hosted by the **Madison Area Down Syndrome Society** and the **Waisman Center, University of Wisconsin-Madison***

*Sponsored by the **Friends of the Waisman Center***



Friends of the Waisman Center Auditorium | 1500 Highland Avenue | Madison, WI | Free admission and parking
EVERYONE WELCOME

For additional details, call 608.263.5837 or email palumbo@waisman.wisc.edu