WAISMAN CENTER
UNIVERSITY OF WISCONSIN-MADISON

10th Annual

Waisman Center Day with the Experts: Down Syndrome

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

Saturday, March 14, 2020| 9:00 a.m. - 12:15 p.m.

(Complimentary coffee & bagels at 8:30 a.m.)

9:00 - 9:15 a.m. Welcome & Opening Remarks
Qiang Chang, PhD, Director, Waisman Center

9:15 - 9:45 a.m. "**Be INCLUDEd: Waisman BioLibrary and How You Can Join the Effort to Advance Knowledge About Down Syndrome**"
Qiang Chang, PhD, Director, Waisman Center, and Maria Stanley, MD, Director, Waisman Center Clinics
The NIH INCLUDE (INvestigation of Co-occurring conditions across the Lifespan to Understand Down syndromE) project is a research initiative developed to address critical health and quality-of-life needs for individuals with Down syndrome. The Waisman Center has been funded to develop a Down syndrome biolibrary, linking lab samples with clinical information to improve knowledge about individuals with Down syndrome. Learn more and find out how you can participate in this important effort.

9:45 - 10:15 a.m. "**Let's Get Movin'! Expanding the "How To" in Your Toolbox to Make Activity and Participation Meaningful and Feasible**"
Jaclyn Bender, OTR/L and Lindsey Stanek, DPT, Waisman Clinics
We have all heard it before, whether you are an adult or a child, we are told we should be exercising 30-60 minutes each day! While there are no specific guidelines for children, youth, adolescents and adults with Down syndrome, we know physical activity is equally as important. Individuals with Down syndrome and their families face many barriers to meeting the physical activity recommendations for a number of reasons. In this talk, we will explore why exercise and activity participation is necessary, and more importantly, provide strategies on how physical activity can be incorporated into a daily or weekly routine for the overall well-being of the whole family.

BREAK

10:30 - 11:00 a.m. "**Transition Ready! Moving from Child to Adult Health Care**"
Julie Hajewski, MSN, ANP, APNP, WI LEND-Nursing Training Coordinator and Mentor, WI Youth Health Transition Initiative
This talk will introduce the definition of healthcare transition from a pediatric model of care to an adult model of care for individuals with Down syndrome. We will introduce tools to assess transition readiness as wells as steps that you can take for health care transition. And finally, we will share ways that individuals and families can partner with health care providers to include health and health care discussions in school, work, and everyday life.

11:00 - 11:30 a.m. Question and answer session with a panel of clinicians

11:30 a.m. - 12:15 p.m. **PANEL DISCUSSION** that includes individuals with Down syndrome and family members

Please register at waisman.wisc.edu/event/experts-down-syndrome-2020/

*Hosted by the **Madison Area Down Syndrome Society, GiGi's Playhouse,** and the **Waisman Center, University of Wisconsin-Madison***
*Sponsored by the **Friends of the Waisman Center***

MADISON AREA DOWN SYNDROME SOCIETY
www. madss.org

GiGi's Playhouse™
Down Syndrome Achievement Centers
educate. inspire. believe.
Madison, WI

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