

Down Syndrome Clinic at Kennedy Krieger Institute

Who We Are

The Down Syndrome Clinic at 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.

Who We Serve

We serve patients from all over the United States, from birth to adulthood, with Down syndrome-related challenges, including:

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

Our Treatment Approach

Despite advances in early intervention programming and medical and surgical care, many children with Down syndrome continue to experience significant challenges with cognition, speech and language. Some may experience secondary conditions due to unrecognized or chronic challenges with sleep, behavior and emotions. With this in mind, our team of experts provides evaluations, consultations and treatment in nine areas:

Medical care: Because certain medical conditions frequently associated with Down syndrome can cause health challenges and slow developmental progress, we provide:

- 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, language, cognition, behavior and social skills. Our audiology team:

- Evaluates hearing
- Diagnoses hearing loss
- Fits 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
- Parent training
- Home programs
- 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

Other occupational therapy services may include:

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



Kennedy Krieger Institute

Speech and language therapy: Our patients typically experience delays in speech, language and communication skills, and those delays may cause difficulty in understanding language, weakness in functional communication skills, and behavioral challenges. Our speech-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 challenges
- Social adaptive skills
- Sleep difficulties
- CPAP/BiPAP training

Nutrition: Obesity puts individuals with Down syndrome at risk for numerous health conditions. We work closely with the Institute's Nutrition Department to educate parents and families on the importance of healthy eating habits, and we offer an eight-week group session specifically designed for adolescents with Down syndrome who are transitioning to adulthood. Group members will learn healthy eating concepts through nutrition education games and discussions about emotional eating, understanding hunger cues and more.

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

Clinical psychology: Through psychoeducational evaluation, we can identify your child's strengths and weaknesses to help formulate goals for your child's individualized education program (IEP) and ensure an appropriate educational curriculum.

Social work: Down syndrome affects not only those diagnosed with it, but their family members as well. Every 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. Please visit **Research.KennedyKrieger.org** to learn more about our current clinical studies and trials.

Contact Information

Down Syndrome Clinic at Kennedy Krieger Institute

For more information or to schedule an appointment, please call **443-923-2600**, or call toll-free at **888-554-2080**. TTY users, please contact us at **443-923-2645**, or dial **711** to make a Maryland Relay call.

KennedyKrieger.org

Physicians and Healthcare Professionals

To make a referral, email us at **FindASpecialist@KennedyKrieger.org** or call our Physician Referral Line at **443-923-9403**.

Clinic Location

801 North Broadway
Baltimore, MD 21205

Mailing Address

707 North Broadway
Baltimore, MD 21205

Kennedy Krieger Institute recognizes and respects the rights of employees, trainees, and patients and students, and their families. At Kennedy Krieger, we ground our care, services, training and research in treating others with respect and civility. We respect the cultural identity of every person. Kennedy Krieger does not discriminate against people based on, but not limited to, perceived or actual race, color, culture, ethnicity, national origin, age, language spoken, accent, marital status, veteran or military status, immigration status, socioeconomic status (i.e., access to resources), physical or mental disability, religion, pregnancy status, sex, sexual orientation, or gender identity or expression. We strive for equitable care for all individuals for whom we provide services, training, education and research participation. We encourage employees, trainees, and patients and students, and their families, to become active partners in the services provided by asking questions, seeking resources and advocating for their needs. Our culture of care is extended to our patients, the patients' family members and other persons served. Here, "family" refers to parents, other family members, guardians, surrogate decision-makers and healthcare agents. © 2022 Kennedy Krieger Institute 12/2022



Learn More. Get Involved. Stay Connected. Visit: **KennedyKrieger.org/Connect**

