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.

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
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