

1  **Living Longer, Living Healthier: Successful Strategies and Stumbling Blocks for People with Down Syndrome**

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- 3 Los Angeles, CA
- 4 Age of Change
DSALA and NDSS

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3  **A Unique Collaboration**

- The families of the National Association for Down Syndrome
- Advocate Medical Group and Advocate Lutheran General Hospital

4  **The Mission**

To enhance the wellbeing of adolescents and adults with Down syndrome by providing comprehensive, holistic, community-based health care services by a multi-disciplinary team.

As a not-for-profit entity, the Adult Down Syndrome Center relies on the faith-based mission of Advocate Health Care and philanthropy to help ensure access to medical and psychosocial services for adolescents and adults with Down syndrome.

5  **Leo Foley
1907-1947**

6  **Life Expectancy**

- Life expectancy: 60 years¹
- One of oldest well-documented person with Down syndrome, 83 years old at death
- Premature aging issues
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- 1 Bittles AH, Glasson EJ
- Dev Med Child Neurol. 2004 Apr; 46(4):282-6.

7  **Health**

Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.

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- World Health Organization

8  **Healthy Aging**

- Healthy lifestyle
- Self-promotion of health
- Screening
- Clinical health promotion
- Treatment of medical and psychosocial problems
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9 **Promoting and Assessing health**

- 7 keys to promoting health and assessing change in health
- 1. Assess contributing medical conditions
- 2. Assess contributing psychological conditions
- 3. Optimize communication
- 4. Assess and optimize sensory issues.
- 5. Assess the social environment.
- 6. Medication as needed
- 7. Promote healthy behavior/encourage self-promotion of health
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10 **Healthy lifestyle**

11 **NUTRITION AND EXERCISE**

- Nutrition
 - Slow metabolism
- Exercise
- Activity
- Encouraging own motivation
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12 **Sleep hygiene**

- Routine
- Regular sleeping hours
- Disturbance-free sleeping quarters
- Regular exercise and activities

13 **Self-promotion of health**

14 **Self-Promotion**

15 **Calendars, Schedules and Reminders**


16 **Visual**

17 **Personal interaction**


18 **Screening**

- ¹ • Annual thyroid
- Hearing
- Vision
- ?Lateral cervical spine xrays
- ?Sleep study
- ?Celiac
- ?Pap
- ?Colonoscopy
- ?Mammogram
- ?Bladder scanning
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19  **Clinical health promotion**

- 1  • Immunizations
 - Tdap
 - Influenza
 - Pneumonia
- Encourage healthy lifestyle

20  **Treatment of medical and psychosocial problems**

- 1  • Sleep apnea
- Hypothyroidism
- Celiac
- Vision
- Hearing
- Swallowing
- Alzheimer Disease
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21  **Down Syndrome – Aging: What it is, What it Means, and What Our Nation Must Do**

- Living arrangements/residential
- Occupation/Meaningful activities
- Health care
 - Clinics
 - Local care
- Information sharing
- Research
- All be part of promoting healthy living
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22  **Healthy Living**

- Education and re-education
- Regular exercise
- Healthy diet
- Sleep
- Good health care
- Cognitive stimulation
- Opportunity to do for others

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