

For the next 24 weeks, the Upside of Downs of Aiken will be hosting a weekly information program. These programs will all be on Thursdays and last approximately 1 ½ hours. Location subject to change.

January 2015

Date/Time Location	Program/Description	Childcare Available	Snacks Drinks
Jan 15, 2015 6:30pm USC Aiken Convocation Center Athletic Department Conference Room	<i>Racing Toward Better Speech!</i> Jennifer Bekins Participants will take an in-depth look at the types of speech disorders that exist among children with DS. Discussion will include the importance of the right diagnosis, treatment techniques, and current evidence-based practice guidelines. Explore questions such as, "Why do some children with DS have clear speech and others don't?" or "How old is too old for speech therapy?"	NO	Water Only
Jan 22, 2015 6:30pm USC Aiken Convocation Center Athletic Department Conference Room	<i>INCLUSION: 5 Things Every Parent Needs to Know</i> Paula Kluth, PhD Whether you are just beginning your inclusion journey or trying to gain new knowledge and skills as an advocate, this session will have tips and strategies relevant for you. Participants will learn how to collaborate with inclusive schools and gain an understanding of some of the most important elements of any supportive general education classroom. Specifically, Dr. Kluth will discuss how to set high expectations, how to advocate for the appropriate level of support, and how to create change from the outside in.	NO	Water Only
Jan 29, 2015 6:30pm USC Aiken Convocation Center Athletic Department Conference Room	<i>Math Matters - Create a Strong Foundation</i> Dana Halle, JD Math instruction can be powerful and effective when integrated into daily activities from an early age. This session (intended for children ages 2 through 5 or not yet counting) focuses on the basic math concepts of rote counting, counting with meaning, and numeral identification as well as color, shape, and patterns. Strategies and activities for instruction for both home and school are shared through discussion, pictures, and videos.	NO	Water Only

February 2015

Date/Time Location	Program/Description	Childcare Available	Snacks Drinks
Feb 5, 2015 6:30pm Christian Heritage Church – 1 st Bldg on left when turning into 1 st driveway from the Aiken side - Granitville	<i>What Your Other Children Without Down Syndrome are Thinking: Siblings Issues for Parents</i> Brian Skotko, MD, MPP and Sue Levine Through a series of interactive exercises, parents will explore what questions, needs, and concerns are often raised by children who have a brother or sister with Down syndrome. Parents will come away with practical answers to commonly raised questions. This presentation draws upon Brian Skotko and Sue Levine’s publication in American Journal of Medical Genetics and their new book, Fasten Your Seatbelt: A Crash Course on Down Syndrome for Brothers and Sisters.	YES	Yes
Feb 12, 2015 6:30 pm USC Aiken Convocation Center Athletic Department Conference Room	<i>A Parent's Guide to Growing Up: Supporting Healthy Sexuality in Puberty-Aged Females With Down Syndrome</i> Terri Couwenhoven, MS, AASECT Certified Sex Educator Families often experience anxiety when their daughter with DS begins exhibiting the physical and emotional changes that occur during puberty. In this workshop, parents will learn about the most common issues and concerns and practical ways to address them. Visual tools, fun learning activities, and useful teaching resources specific to females with intellectual disabilities will be shared.	NO	Water Only
Feb 19, 2015 6:30 pm USC Aiken Convocation Center Athletic Department Conference Room	<i>My Child is Not a Number: How to Make the Most From Cognitive Testing</i> Anna Esbensen, PhD Cognitive testing of your child can be frustrating when all it returns is one IQ score, but it can describe a child's strength and weaknesses and skills to capitalize on in education. The goal of this presentation is to provide an understanding of the benefits and advantages of cognitive testing, help families determine when the cognitive testing is done well, provide clear expectations of a well-written report, outline the components of cognitive testing, and describe how to interpret cognitive testing scores.	NO	Water Only
Feb 26, 2015 6:30pm USC Aiken Convocation Center Athletic Department Conference Room	<i>Foot Care and the Biomechanics of the Feet in People With Down Syndrome</i> Lorri Riley, DPM and Angie Albonico Dr. Riley will discuss all aspects of the foot including the function and treatment options available. Topics include ingrown toenails, bunions, flat feet, shin splints, ankle instability, and the effect of the knees and hips on the feet. The effectiveness of braces (AFOs) and arch supports in people with DS will be discussed, as well as shoe recommendations and measures to take to prevent problems. This is also a workshop for parents whose child is not yet walking since foot care should begin at birth.	NO	Water Only

March 2015

Date/Time Location	Program/Description	Childcare Available	Snacks Drinks
March 5, 2015 6:30 pm Christian Heritage Church – 1 st Bldg on left when turning into 1 st driveway from the Aiken side - Granitville	<i>Back to the Basics of AAC: An Overview of Supporting Functional Communication With and Without a Tablet or iPad</i> Kelsey Snyder, MS, CCC-SLP This workshop will highlight methods of augmentative and alternative communication (AAC) that support functional communication in children with DS. A review of various AAC methods and devices will be discussed, as well as what skills are essential for functional use of iPads, tablets, and other systems. Ms. Snyder will discuss current research and how it applies to the use of AAC in children with DS. Parents will learn how to incorporate strategies into the home environment and how to advocate for a functional communication system for their child.	Yes	Yes
Mar 12, 2015 6:30 pm USC Aiken Convocation Center Athletic Department Conference Room	<i>A Parent's Guide to Growing Up: Supporting Healthy Sexuality in Puberty-Aged Males With Down Syndrome</i> Terri Couwenhoven Families often experience anxiety when their son with DS begins to exhibit the physical and emotional changes that occur during puberty. In this workshop, parents will learn about the most common issues and concerns and practical ways to address them. Visual tools, fun learning activities, and useful resources specific to males with intellectual disabilities will be shared.	NO	Water Only
Mar 19, 2015 6:30 pm USC Aiken Convocation Center Athletic Department Conference Room	<i>Sing, Play, and Learn! A Dozen Strategies for Early Learning Success</i> Diane Eldridge Focusing on a child's need to play and explore in a developmentally appropriate environment, this interactive workshop provides creative strategies to foster crucial Pre-K foundation skills in the core learning areas of readiness and writing and numbers and math. The session covers readiness skills and fine motor skill development for pencil grip, coloring, drawing, letter recognition/formation, and namewriting. It discusses math concepts that include counting, shapes, number recognition, patterns, and measurement. The multisensory strategies address children with diverse learning abilities and styles by using music, movement, manipulatives, and current technology.	NO	Water Only
Mar 26, 2015 6:30 pm USC Aiken Convocation Center Athletic Department Conference Room	<i>Grief and Loss in Adults With Down Syndrome</i> Shannon Lee, MA This workshop is designed to help families members understand and learn how to help people with DS deal with the death of a family member or friend. Participants will learn the ways in which people with DS process death and how to help them work through their grief.	NO	Water Only

April 2015

Date/Time Location	Program/Description	Childcare Available	Snacks Drinks
April 2, 2015 6:30 pm Christian Heritage Church – 1 st Bldg on left when turning into 1 st driveway from the Aiken side - Granitville	<i>Imagine the Possibilities: Independent Living for an Adult With a Disability</i> Hal Wright, CFP® For many adults with moderate cognitive, behavioral or physical challenges, independent living in the community is possible with appropriate support. There are nine challenges that must be addressed. This workshop describes how to design a support system to meet the nine challenges and how to implement an independent living option.	YES	Yes
April 9, 2015 6:30 pm USC Aiken Convocation Center Athletic Department Conference Room	<i>Strategies to Address Challenging Behaviors Across Environments</i> Kathleen Feeley, PhD, BCBA Challenging behaviors have the potential to interfere with community activities, impact the quality of life of families, and interrupt important learning opportunities within school settings. Dr. Feeley will present an overview of functions that behaviors serve and strategies for identifying the function of behavior across settings. Participants will practice identifying the function of challenging behaviors via video examples. A template for developing a positive behavior intervention and support (PBIS) plan and procedures for interventions will be presented. Each participant will draft a PBIS plan that corresponds to the function of their learner's behavior(s).	NO	Water Only
April 16, 2015 6:30 pm USC Aiken Convocation Center Athletic Department Conference Room	<i>Literacy and Learning Speech and Language</i> Cindy Cobb, MA, SLP and Erin Bradley, MA, CCC-SLP Teaching reading to teach talking is an effective intervention for helping children with DS overcome learning challenges. Participants will learn how to use reading with a child to help develop better speech and language. They will learn about the fundamental premise of using interactive strategies to get a child involved in the reading process in a way that makes reading enjoyable to both participants. Information and videos will illustrate that students with DS can continue to develop their reading skills into adulthood.	NO	Water Only
April 23, 2015 6:30 pm USC Aiken Convocation Center Athletic Department Conference Room	<i>Promoting Strengths and Resources in Teens and Adults with Down Syndrome</i> Dennis McGuire, PhD Participants will learn of the unique behavioral characteristics of people with DS including: Self talk, repetitious “grooves,” (obsessions and compulsions) visual (photographic-like) memory, receptivity to visual cues, as well as emotional radar and sensitivity to others. These characteristics may be very beneficial but they may also be unproductive or too easily mistaken as mental illness by the uninformed. This workshop will clarify some of the productive and harmless behaviors from bona fide mental health problems and discuss ways and means to promote the best possible use and understanding of these characteristics. Perhaps more importantly we will discuss how these characteristics interact and influence each other and how to take advantage of this interaction to solve problems and to promote adaptive functioning. For example, we will show how to “reset” a struck groove (a compulsion) with a visual cue or manage a new situation with a visual checklist. Time permitting the audience should have some hands on experience with designing specific strategies for specific problems or concerns.	NO	Water Only

<p>April 30, 2015 6:30 pm USC Aiken Convocation Center Athletic Department Conference Room</p>	<p><i>When Things Get Serious: Supporting Healthy Sexuality in Adulthood</i> Terri Couwenhoven, MS, AASECT Certified Sex Educator The need for intimacy and meaningful connections with others is part of the human condition. People with DS have similar needs for intimacy, but often encounter a unique set of barriers as they move from dating into a serious long term relationship. In this workshop, parents and professionals will explore common issues that surface and identify helpful roles for parents and support providers.</p>	<p>NO</p>	<p>Water Only</p>
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May 2015

Date/Time Location	Program/Description	Childcare Available	Snacks Drinks
May 7, 2015 6:30 pm Christian Heritage Church – 1 st Bldg on left when turning into 1 st driveway from the Aiken side - Granitville	<i>Skin Findings in People With Down Syndrome</i> Sonya Johnson, MD This workshop will demonstrate common skin findings in people with DS using a slide presentation. Common age groups and clinical presentation will be discussed along with common forms of treatment. After the presentation, an interactive hand held device will be used for the audience to answer questions, and the results will be displayed in the form of a graph for all in the room to see.	YES	YES
May 14, 2015 6:30 pm USC Aiken Convocation Center Athletic Department Conference Room	<i>Not Just Baby Teeth! Oral Health Considerations for Patients With Down Syndrome</i> LaQuia Walker, DDS, MPH This workshop will provide information on dental conditions that may or may not be seen in your child, tips for maintaining good oral health in the present and future, and oral health disparities that may occur among persons with disabilities. Dr. Walker will discuss different modalities and methods used in the delivery of care and the impact of your child's medical history on their teeth and overall oral health.	NO	Water Only
May 21, 2015 6:30 pm USC Aiken Convocation Center Athletic Department Conference Room	<i>Preparing for Transitions: Parents and Future Caregivers</i> Michael Gibbons, PhD Transitioning an adult with DS and her affairs from parents to another caregiver causes stress among families because parents know a tremendous amount of information and rightly worry that other caregivers may not know enough. There are a multitude of issues that need to be considered for the transition to be successful. In this workshop, Dr. Gibbons will review research on successful transition. What are the issues most important to transitioning parents? What did transitioning families deal with and what could have been done better? Parents and caregivers will then participate in an activity to help them better plan for this transition of information.	NO	Water Only
May 28, 2015 6:30 pm USC Aiken Convocation Center Athletic Department Conference Room	<i>Calm to Crisis at the Flip of a Switch! How to Prepare for a Family Emergency Even if They "Don't" Want to Talk About It!</i> - Marianne Marts Siblings will be in the lives of their family members with DS longer than anyone. With support and information, they can help their sibs live a higher quality and productive life. This workshop will teach about the resources necessary to plan for success when an emergency happens. Participants will be given tips on how to bring up the conversation; how to prepare for an emergency; and how to manage routines, likes/dislikes, communication, transportation, caregivers, case managers, etc. Participants will walk away with a planning page that can put into place immediately.	NO	Water Only

June 2015

Date/Time Location	Program/Description	Childcare Available	Snacks Drinks
<p>June 11, 2015 6:30 pm Christian Heritage Church – 1st Bldg on left when turning into 1st driveway from the Aiken side - Granitville</p>	<p><i>Career Solutions: Progressive Employment for Adults with Down Syndrome</i> Melissa Hillock, PhD and Sara Tinker Compared to the national employment rate of non-disabled individuals (64%), the percentage of working individuals with a known disability is quite low (16%). Even more striking is the employment rate of those with an intellectual disability (9%). This emphasizes the importance of quality supported employment services to assist individuals with disabilities obtain and maintain successful community employment. Due to this need, Down Syndrome of Louisville launched its supported employment program, “Career Solutions”, in September 2007. Since that time, we have assisted nearly 50 adults with Down syndrome gain career-oriented employment in our community. Our progressive, person-centered approach to employment will be discussed in detail, along with personal success stories of some of the individuals we support. Our role during the high-school transition process will also be discussed. Lastly, we will demonstrate how other community organizations can either begin a similar program in their area or request similar employment planning from agencies in their community.</p>	YES	YES
<p>June 11, 2015 6:30 pm USC Aiken Convocation Center Athletic Department Conference Room</p>	<p><i>The Ultimate Transition Workshop</i> Jo Ann Simons, MSW and Jonathan Derr, Self Advocate In this workshop, Ms. Simons uses real life examples to answer questions that arise when students transition from the safety and security of a free and appropriate public education and venture forth towards the rest of their lives. This workshop will prepare you for a new world largely without entitlement for services. An overview of housing options, employment possibilities, ways to build relationships, post-secondary educational facilities, and funding resources will be discussed. Ms. Simons' book, <i>The Down Syndrome Transition Handbook: Charting Your Child's Course to Adulthood</i>, will be the basis of this presentation.</p>	NO	Water Only
<p>June 18, 2015 6:30 pm USC Aiken Convocation Center Athletic Department Conference Room</p>	<p><i>Visual Strategies for Success: From Picture Cards to Video Modeling – a Broad Spectrum of Techniques to Help Your Child With Down Syndrome</i> Succeed Susan Ellis Is your child or student a visual learner? Fostering communication using visuals can expedite a child’s ability to truly understand and react to situations in a positive manner. Setting visual expectations can also assist with transitions, behaviors, academic skills, self-help skills, and more. From traditional methods to apps, learn effective ways to communicate with and help teach your child using several strategies: simple pictures, if/then, choices, visual schedules, social stories, and video modeling.</p>	NO	Water Only
<p>June 25, 2015 6:30 pm USC Aiken Convocation Center Athletic Department Conference Room</p>	<p><i>What is Gluten and/or Gluten Sensitivity and Why Should I Care?</i>Suzanne Faber, MHS There is a lot of discussion in the media about the impact of gluten on health and the benefits of a gluten free diet. Ms. Faber will explore the science behind the "hype" and discuss whether or not a gluten free diet could be beneficial. A short quiz will help determine if gluten may be causing any health/neurologic symptoms, then information will be provided about getting tested, trying a gluten free trial, and embarking on a gluten free diet.</p>	NO	Water Only

