

# 10 things we'd like you to know about Down syndrome



1. Individuals with Down syndrome are more like their typical peers than different.

2. Down syndrome, the triplication of the 21st chromosome, affects individuals regardless of race, religion, socio-economic status or geography.

3. Individuals with Down syndrome are able to learn and participate in educational settings with typical peers.

4. People with Down syndrome are individuals with unique hopes, dreams and emotions — they would like for you to see them for who they are, not what they have.



5. Recent research has shown that early intervention, education, inclusion in the community, and social support improves an individual's likelihood of living an independent, productive and satisfying life.

6. Most children with Down syndrome are born to women younger than 35 years of age simply because younger women have more children. (80% are born to women under the age of 35)

7. Equal opportunity is needed so individuals with Down syndrome can achieve the universally desired goals of self-fulfillment, pride in their achievements, inclusion in their community and to help them reach their fullest potential.

8. Individuals with Down syndrome experience cognitive delays, but the effect is usually mild to moderate and is not indicative of the many strengths and talents that each individual possesses.



9. Life expectancy for people with Down syndrome has increased dramatically - from 25 in 1983 to 60+ today.

10. People with Down syndrome work in the music and entertainment industry, in clerical positions, childcare, the sports and computer industries. They bring enthusiasm, reliability and dedication to their jobs .