



DOWN SYNDROME GUILD
OF DALLAS

Checklist for Families of Adults (age 18 and older) with Down Syndrome

- ✓ Join the Down Syndrome Guild of Dallas to receive our monthly newsletter, which provides information about local support services, monthly social events, and quarterly networking meetings for parents. To become a member, contact our office at 214-267-1374 or visit our website at www.DownSyndromeDallas.org.
- ✓ Make the necessary contacts with state agencies to ensure that your child has access to the available resources. Many programs have a waiting list. If your child is not on the Home & Community Based Services (HCS) “interest list”, do it NOW – there is a 10-year wait.
- ✓ Call the Social Security Administration to apply for Supplemental Security Income (SSI).
- ✓ Make a decision about guardianship or an alternative. Meet with your attorney to update your will and special needs trust.
- ✓ Make sure you have copies of all vocational assessments and other school records.
- ✓ Assist your child to register to vote. For males, registration with the Selective Service is mandatory.
- ✓ Explore post-secondary educational opportunities, vocational options or day activities centers.
- ✓ Find a good primary care physician because most pediatricians will not see patients older than 18.
- ✓ Develop a plan for your child’s daily activities and care when you, the parents, are no longer able to coordinate every aspect of his/her life. Write a letter of intent” and share it with family members.
- ✓ Advocate (at the state and federal level) for better funding for community-based service options for adults with Down syndrome.

