The Adult Down Syndrome Center

- Opened in 1992
- 6000+ adolescents and adults served
- 7000+ patient encounters per year
Risk

– We don’t clearly know what the risk is for people with DS
– Susceptibility to respiratory infections and (very) limited data from a previous large influenza outbreak suggest increased risk
– My advice is be conservative
CDC: risk factors

• Age- > 65 -effect of early aging?
• Nursing home or long-term care facility (residential facilities)--Staff in and out
• Chronic lung disease
  – More susceptible to respiratory infections
• Serious heart conditions
  – Mild residual-probably not
• Immunocompromised (DS?)
Risk factors, continued

• Obesity - particularly BMI >40
• Diabetes
• People with DS don’t seem to be at higher risk:
  – Kidney disease requiring dialysis
  – Liver disease
• Sleep apnea??
Minimize risk

– Handwashing, physical distancing, etc
– Work
– Residential facilities
Supporting people with Down syndrome

- Structure/routine
- Physical activity- outdoors
- Sleep- including routine
- Healthy eating
- Visuals
  - Calendars, Schedules, Pictures, Videos
Resources

https://adscresources.advocatehealth.com