about
Down Syndrome

• Down syndrome is the most commonly occurring genetic condition. One in every 700 babies are born with Down syndrome.
• Down syndrome occurs in people of all races and socioeconomic status.
• More than 250,000 people with Down syndrome live in the U.S.
• Those with Down syndrome experience cognitive delays, but the effect is usually mild to moderate.
• Children with Down syndrome are more like other children than they are different; they learn and grow just as their peers do. They simply achieve their goals at a different pace.
• With appropriate education, therapy, social support and opportunity, individuals with Down syndrome lead fulfilling and productive lives.

WAYS TO GIVE
Make a difference and help DSNetwork fulfill its mission to empower individuals, educate families, enhance communities and, together, celebrate the extraordinary lives of people with Down syndrome.

For Arizona taxpayers GIVE and GET BACK 100% when filing taxes. A donation of ANY amount to DSNetwork up to $800 (filing jointly) or $400 (filing single) qualifies for the AZ Charitable Tax Credit, which can be claimed in addition to the Arizona School/Education Tax Credit and/or Foster Care Tax Credit. No need to itemize deductions to claim the tax credit.

VOLUNTEERS
Dedicated volunteers donate time and talents, serving as committee or board members as well as helping individuals with Down syndrome and their families at all DSNetwork events. Make a difference! Volunteer now!

GIVE A VOICE
DSNetwork advocates for and promotes positive acceptance and inclusion of individuals with Down syndrome.

CJ Udall Memorial Scholarship Fund
In memory of CJ Udall, whose positive attitude and enthusiasm for life continues to inspire others to explore adventurous opportunities. DSNetwork offers scholarships to assist individuals to attend an event, training, or program as well as provide assistance for basic needs.

our mission
Our mission at DSNetwork is to educate, support and advocate for those in our community touched by Down syndrome. DSNetwork achieves this through an open, supportive and collaborative network that connects individuals and families with needed resources and information.

get connected
Call or Text: 480.759.9150
info@DSNetworkAZ.org | www.DSNetworkAZ.org
MOMS’ NIGHT OUT
• A program for women who have a child with Down syndrome.
• Activities for MOMS to gather with other moms, share knowledge and experiences, and support each other.
• Provides assistance in helping children reach their full potential while making lasting friendships.

TWEENS & TEENS UP for Down Syndrome (ages 8-17)
• Provides social activities to build relationships and friendships.
• Community outings and activities.
• Team building activities.
• Cooking and other life skills.
• Advancement of abilities and skills.

CLUB XTRA FOR KIDS (ages 0-7)
• Group for parents and their young ones with Down syndrome.
• Children play together while the parents network, share knowledge and experiences, and support each other.
• Provides assistance in helping children reach their full potential while making lasting friendships.

AGING MATTERS (ages 18+)
• Monthly groups for adults with Down syndrome, their family members, and their caregiver.
• Sets the stage for successful aging.
• Provides accurate information and education about what to anticipate as a part of growing older.
• Promotes exercise and healthy eating.

FAMILY OUTREACH & NETWORKING
DSNetwork’s Buddy Walk® Arizona promotes awareness, acceptance and inclusion of all individuals who have Down syndrome. This FUNdraiser helps DSNetwork continue to provide educational programs and services to individuals with Down syndrome and their families.

COMMUNITY EDUCATION
• Workshops and personal connections for families, educators, therapists and medical professionals.
• Best practices for achieving developmental milestones and how to provide the best education for individuals with Down syndrome.
• Up-to-date research on advancing knowledge about Down syndrome.

NEW PARENTS & EXPECTANT PARENTS; PARENT MENTOR SUPPORT
• New parent packets provide helpful information, resources, facts and encouragement for families who first receive the news their child has Down syndrome.
• Parent mentors provide individualized support and information.
• Learn to navigate through the very complex process of how to care for their child.

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EXERCISE & NUTRITION
• Individuals with Down syndrome experience low muscle tone.
• Ongoing exercise helps strengthen weak muscles to reach major milestones, such as riding a bike and learning how to swim.
• Empowering individuals to monitor their own weight and develop “healthy habits”.

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