

## DSALA Benefits and Services

**Internet Access** to DSALA can be found at [www.dsala.org](http://www.dsala.org) and provides information and services.

**Resource Referrals** for services to individuals with Down syndrome and their families are available through the office and our website.

**Parent Support Groups** are held in eleven geographic areas in Greater Los Angeles. Meetings often include guest speakers who address issues pertinent to parents of individuals with Down syndrome.

**New Parent Packets** are delivered when the office is informed of a new baby with Down syndrome. Our packets come in both English and Spanish and include important information, books, booklets and gifts all wrapped in a DSALA gift bag.

**Peer Counseling Service** offers parent to parent counsel for support and information to new parents and parents facing new challenges.

**Newsletter "DSALA Connections"** is published quarterly and furnishes news on programs, activities, research and advocacy information as well as individual stories.

**DSALA Speakers** are trained and available to professional organizations, in-services, classes, universities and other groups.

**Advocacy Information** is shared among monthly support groups, mailings and email alerts.

**Heart and Halo Talent**, a casting liaison service for actors and models with Down syndrome. DSALA also provides consultation to writers and producers on Down syndrome issues.



## DSALA Fundraising

DSALA is a non-profit organization funded by donations from individuals, foundations, employee giving, corporations, and fundraising events.

The two largest fundraising events are the Buddy Walk (annual event since 1994) and the Spring Luncheon (annual event since 1996). The **DSALA Buddy Walk** promotes acceptance and inclusion of people with Down syndrome and is one of over 260 walks held across the country sponsored by NDSS. The **Spring Luncheon** celebrates the lives and accomplishments of people with Down syndrome, their families, friends and the professionals who support them in all they do.

## DSALA Membership

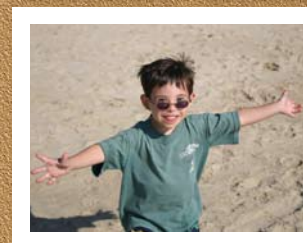
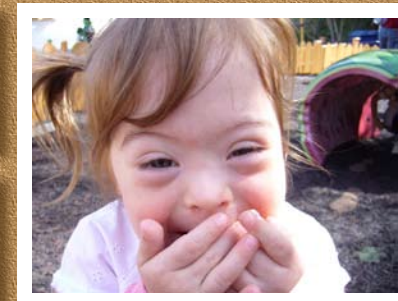
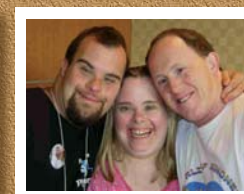
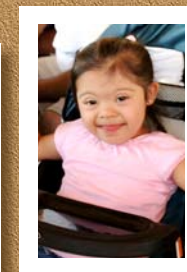
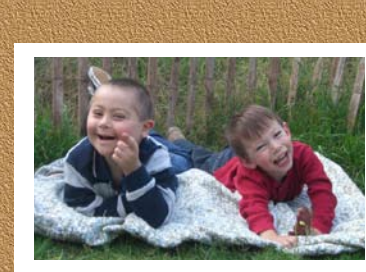
*Join our community and add your support to an organization that, since 1976, has been making a positive difference for people with Down syndrome.*

The Down Syndrome Association of Los Angeles strives to develop and promote education, research, and advocacy programs to ensure that all people with Down syndrome realize their full potential. When you become a member of DSALA you partner with those we serve and your support strengthens our common vision. As a member, you become part of our community and database, allowing us to supply you with regular updates on our work and programs, our printed DSALA Connections newsletter, targeted membership materials, and more.



## Down Syndrome Association of Los Angeles

315 Arden Avenue, Suite 25  
Glendale, CA 91203  
818-242-7871 • [www.dsala.org](http://www.dsala.org)



*Este folleto está también disponible en español  
818-242-7871*

## Down Syndrome Association of Los Angeles

The Down Syndrome Association of Los Angeles (DSALA), a non-profit organization, has been providing services to individuals with Down syndrome and their families since 1976. The DSALA is an affiliate of both the National Down Syndrome Society (NDSS.org) and the National Down Syndrome Congress (NDSCcenter.org).

## Down Syndrome and its Effects

Down syndrome occurs when an individual has three, rather than two, copies of the 21st chromosome. This additional genetic material alters the course of development and causes the characteristics associated with Down syndrome.

Down syndrome is the most commonly occurring chromosomal abnormality. One in every 733 babies is born with Down syndrome.



There are more than 350,000 people living with Down syndrome in the United States.

Down syndrome affects people of all ages, races and economic levels.

People with Down syndrome have an increased risk for certain medical conditions such as congenital heart defects, respiratory and hearing problems, childhood leukemia, thyroid conditions, and Alzheimer's disease. Many of these conditions are now treatable, so most people with Down syndrome lead healthy lives.

A few of the common physical traits of Down syndrome include low muscle tone, small stature, an upward slant to the eyes, and a single deep crease across the center of the palm. Every person with Down syndrome is a unique individual and may possess these characteristics to different degrees or not at all.

Life expectancy for people with Down syndrome has increased dramatically in recent decades - from 25 in 1983 to 56 today. DSALA has members over 70 years old.

All people with Down syndrome experience cognitive delays, but the effect is usually mild to moderate and is not indicative of the many strengths and talents.

Quality educational programs, a stimulating home environment, good health care, and positive support from family, friends and the community enable people with Down syndrome to develop their full potential and lead fulfilling lives.

People with Down syndrome attend school, find work, participate in decisions that affect them, and contribute to society.

**DSALA's Mission** Enhance the welfare of people with Down syndrome and their families.

**Connecting families** to other families and to valuable resources in the their local community

**Providing access** to the most up-to-date information

**Promoting development** of education, counseling, employment and recreational programs and services

**Increasing public awareness**, understanding, and acceptance of Down syndrome



## Research

The recent mapping of the human genome has ushered in an unprecedented opportunity for Down syndrome research. For the first time in our history, scientists now have tools, techniques, and Down syndrome mouse models that are making it easier to understand the biology of Down syndrome. We support efforts to identify treatments aimed at improving learning, memory, speech and even the late in life neurological decline experienced by those with Down syndrome.



## Education

- **Early Intervention Services** provided by the Regional Centers include physical therapy, occupational therapy, and speech therapy.
- **Children** with Down syndrome have the right to receive a quality education and an appropriate level of support services. Inclusion is based on the belief that every person has the inherent right to fully participate in society. By placing children in the most inclusive environment appropriate for that child, it will allow them to benefit from the educational experiences that are fundamental to every student's development. Students with specific needs may also benefit from other strategies and placements which include special education classes, resource rooms, mainstreaming, residential schooling and home instruction.
- **Young adults** with Down syndrome often attend post-secondary programs at community colleges and community based instruction to develop independent living and employment skills. Studies show that this helps students to excel in academics, employment and life.