

The Adult Down Syndrome Clinic team works closely with individual self-advocates, parents and caregivers, physicians, and the community to optimize the health and well-being of adults with Down syndrome through clear communication, excellent health care, and self-empowerment.

Learn more at www.uab.edu/adsc.

Support the Clinic

The Adult Down Syndrome Clinic is the sole clinic of its kind in the Southeast. Your gift to the clinic ensures that we can provide excellent care to adolescents and adults with Down syndrome throughout the region. Your gift can be designated for the support and growth of our clinical activities or for the John Mark Stallings Endowed Support Fund, established by PADS in 2009 to provide perpetual support to the clinic. Gifts can be made in honor or memory of an individual you wish to recognize.

Make your gift online at www.uab.edu/onlinegiving.
Or send gifts to:

UAB Adult Down Syndrome Clinic

c/o Gift Records Office
AB 1230
1530 3rd Avenue South
Birmingham, Alabama 35294-0112



Adult Down Syndrome Clinic at UAB
Community Health Services Building
930 20th Street South
Birmingham, AL 35294-2041

The Adult Down Syndrome Clinic at UAB

Serving the needs of adults with Down syndrome



UAB MEDICINE
GENETICS



The Best in Multidisciplinary Care

The Adult Down Syndrome Clinic offers a multidisciplinary team of care providers including our clinic director/geneticist as well as family physicians with special experience providing comprehensive, compassionate care for individuals with Down syndrome. A clinical care coordinator, psychologist, audiologist, social worker, occupational therapist, speech therapist, physical therapist, and nutritionist add to the clinic's ability to provide a whole-person approach to wellness in a medical home setting.



The Adult Down Syndrome Clinic is funded in partnership with Parent Advocates Down Syndrome (PADS), a nonprofit organization in central Alabama dedicated to promoting awareness, acceptance, and advocacy for individuals with Down syndrome. PADS, an affiliate of the National Down Syndrome Congress and the National Down Syndrome Society, offers education and support programs for individuals, their families, caretakers, educators, medical professionals, service providers, and the communities where they live.

Learn more about PADS at www.downsyndromealabama.org.



Health Care and Quality of Life

Down syndrome, the most common of all genetic conditions associated with developmental delay, occurs in approximately one out of every 800 live births and can cause challenges in physical, intellectual, and language development. But with appropriate medical and psychosocial care, adults with Down syndrome can lead healthy and productive lives. The Adult Down Syndrome Clinic is a comprehensive medical resource providing that care, with a multidisciplinary team focused on your needs.

The Adult Down Syndrome Clinic is one of only a few clinics of its type in the nation, serving adolescents and adults beginning at age 16. We strive to help individuals with Down syndrome achieve optimal health and well-being, promoting lives that are as productive and independent as possible.

Your Appointment

When you arrive for your appointment, you'll be greeted and taken to a comfortable room where your clinicians will come to you. Each clinician will conduct an assessment and will discuss his or her findings with you. At the end of your visit, you'll receive a collection of all the clinicians' findings and recommendations.

Our team will work with you to develop a plan of action. This may include:

- working with the primary or consulting doctor, or locating a primary care physician;
- scheduling appointments with specialists for additional care;
- referring you for other services such as financial planning or job counseling; and
- scheduling future visits to the Adult Down Syndrome Clinic as needed, for follow-up care now or reassessment in the future.

The clinic staff is available for consultation at any time should questions or problems arise.

SCHEDULE AN APPOINTMENT

For an appointment with the Adult Down Syndrome Clinic, contact our clinical care coordinator at (205) 335-9385. Our coordinator will request some initial information from you and then assist in scheduling an appointment. You will receive a packet in the mail containing a health questionnaire, a list of items to bring to your appointment, driving directions, and parking instructions.

The clinic is located in the Community Health Services Building at 930 20th Street South on the campus of UAB. Free parking is available adjacent to the building.