



# Resources

## **LOCAL MULTI-SERVICE AGENCIES AND ORGANIZATIONS**

Albert Pujols Wellness Center for Adults with Down syndrome [stlukes-stl.com/services/wellness-center/index.html](http://stlukes-stl.com/services/wellness-center/index.html)

Down Syndrome Association of Greater St. Louis (DSAGSL) [dsagsl.org](http://dsagsl.org)

Down Syndrome Group of the Ozarks [ozarksdsg.org](http://ozarksdsg.org)

Down Syndrome Guild of Greater Kansas City [kcdsg.org](http://kcdsg.org)

DSAGSL Community Groups [dsagsl.org/programs-resources/community-groups](http://dsagsl.org/programs-resources/community-groups)

Midwest Easter Seals [lifeskills-stl.org](http://lifeskills-stl.org)

Missouri Recovery Network [morecovery.org](http://morecovery.org)

Paraquad [paraquad.org](http://paraquad.org)

People First Missouri [missouripeoplefirst.org](http://missouripeoplefirst.org)

Pujols Family Foundation [pujolsfamilyfoundation.org](http://pujolsfamilyfoundation.org)

St. Louis Arc [slarc.org](http://slarc.org)

Transition Council and Alliance [transition4life.org](http://transition4life.org)

## **ILLINOIS AGENCIES AND RESOURCES**

Arc of IL [thearcofil.org](http://thearcofil.org)

Central Illinois Down Syndrome Association [cidso.org](http://cidso.org)



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Down Syndrome Development Council [theddc.org](http://theddc.org)

Family Matters Parent Training and Information Center [fmptic.org](http://fmptic.org)

Heart of Illinois Down Syndrome Association [hoidsa.org](http://hoidsa.org)

Illinois Department of Human Services <http://www.dhs.state.il.us/page.aspx?>

Illinois Life Span [illinoislifespan.org](http://illinoislifespan.org)

IMPACT CIL [impactcil.org](http://impactcil.org)

Lincoln Land Down Syndrome Society [lldss.org](http://lldss.org)

STAR NET [roe.stclair.k12.il.us/starnet/content.php?q=mainpage&PHPSESSID=30d6033341e809bc63f5a0c760d574e4](http://roe.stclair.k12.il.us/starnet/content.php?q=mainpage&PHPSESSID=30d6033341e809bc63f5a0c760d574e4)

## **GOVERNMENTAL AGENCIES**

Missouri Department of Mental Health Regional Offices [dmh.mo.gov/dd/facilities/](http://dmh.mo.gov/dd/facilities/)

Missouri Disability Portal [disability.mo.gov](http://disability.mo.gov)

Missouri Department of Social Services [dss.mo.gov](http://dss.mo.gov)

Missouri Governor's Council on Disability [disability.mo.gov/gcd](http://disability.mo.gov/gcd)

Social Security Administration: [www.ssa.gov](http://www.ssa.gov)

St. Louis Office for Disability Resources [stlouis-mo.gov/government/departments/human-services/disabled-office/stlidd-home-page-link.cfm](http://stlouis-mo.gov/government/departments/human-services/disabled-office/stlidd-home-page-link.cfm)



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## **NATIONAL ORGANIZATIONS**

American Association of People with Disabilities [aapd.com](http://aapd.com)

Family Voices (Children's Health Care) [familyvoices.org](http://familyvoices.org)

Dads Appreciating Down Syndrome [dadsnational.org](http://dadsnational.org)

Down Syndrome Affiliates in Action [dsaia.org](http://dsaia.org)

Down Syndrome Information Network [down-syndrome.org](http://down-syndrome.org)

GiGi's Playhouse Down Syndrome Awareness Centers [gigisplayhouse.org](http://gigisplayhouse.org)

National Association for Down Syndrome [nads.org](http://nads.org)

National Down Syndrome Congress [ndscenter.org](http://ndscenter.org)

National Down Syndrome Society [ndss.org](http://ndss.org)

## **PRENATAL RESOURCES**

Lettercase [lettercase.org](http://lettercase.org)

Global Prenatal Testing Pamphlet [downsyndrometest.org](http://downsyndrometest.org)

National Down Syndrome Adoption Network [ndsan.org](http://ndsan.org)

National Down Syndrome Society [ndss.org/Resources/New-Expectant-Parents/Understanding-a-Diagnosis-of-Down-Syndrome/](http://ndss.org/Resources/New-Expectant-Parents/Understanding-a-Diagnosis-of-Down-Syndrome/)

Reece's Rainbow Adoption Grant Foundation [reecesrainbow.org](http://reecesrainbow.org)



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## **LOW COST MEDICAL SERVICES**

### **Basic Health Care**

MO Health Net [dss.mo.gov/fsd/mchild.htm](https://dss.mo.gov/fsd/mchild.htm)

### **Dental**

Low Cost Dental Clinics, Missouri Dental Association - [www.modental.org/mx/hm.asp?id=cliniclist](http://www.modental.org/mx/hm.asp?id=cliniclist)

Low Cost Dental Clinics, Greater St. Louis Dental Society - [www.gslds.org/clinics.php](http://www.gslds.org/clinics.php)

### **Vision**

Eye Care America [eyecareamerica.org/eyecare/care/index.cfm](http://eyecareamerica.org/eyecare/care/index.cfm)

Specs For Us: Precision Eyewear for Special Children [specs4us.com](http://specs4us.com)

Vision Cares – The AOA Foundation [www.aoafoundation.org/vision-usa/](http://www.aoafoundation.org/vision-usa/)

### **Hearing**

Missouri Commission for the Deaf and Hard of Hearing [mcdhh.mo.gov/](http://mcdhh.mo.gov/)



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## **SPECIALTY MEDICAL AND THERAPY SERVICES**

Children's Hospital (St. Louis) Down Syndrome Center [stlouischildrens.org/our-services/down-syndrome-center](http://stlouischildrens.org/our-services/down-syndrome-center)

Dynamic Pathways [dynamicpathwaysinc.com](http://dynamicpathwaysinc.com)

Family Therapy Solutions [familytherapysolutions.org](http://familytherapysolutions.org)

Ranken Jordan [rankenjordan.org](http://rankenjordan.org)

Sensory Solutions, LLC [sensorysolutions.org](http://sensorysolutions.org)

Therapy4Kids [therapy4kidsllc.org](http://therapy4kidsllc.org)

Therapeutic Horsemanship [thstl.org](http://thstl.org)

Therapy Relief [therapyrelief.com](http://therapyrelief.com)

## **MENTAL HEALTH / BEHAVIOR SERVICES**

Department of Mental Health/St. Louis Regional Office - [dmh.mo.gov/dd/](http://dmh.mo.gov/dd/)

Bridges Community Support Services, Inc. - [bridgescss.com](http://bridgescss.com)

Mental Health America of Eastern Missouri - [mhaem.org/resources/local-resources.html](http://mhaem.org/resources/local-resources.html)

Mental health services: [dmh.missouri.gov](http://dmh.missouri.gov)

Dynamic Pathways [dynamicpathwaysinc.com](http://dynamicpathwaysinc.com)

Therapy4Kids [therapy4kidsllc.org](http://therapy4kidsllc.org)



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## **CLINICAL /RESEARCH INFORMATION**

Centers for Disease Control and Prevention - [cdc.gov/ncbddd/birthdefects/DownSyndrome.html](https://www.cdc.gov/ncbddd/birthdefects/DownSyndrome.html)

Down syndrome research and treatment foundation - [dsrtf.org](https://www.dsrtf.org)

Medline Plus - [nlm.nih.gov/medlineplus/downsyndrome.html](https://www.nlm.nih.gov/medlineplus/downsyndrome.html)

National Institute of Health (USA) - [nichd.nih.gov/health/topics/downsyndrome](https://www.nichd.nih.gov/health/topics/downsyndrome)

National Library of Medicine - [ncbi.nlm.nih.gov/pubmedhealth/PMH0001992/](https://pubmed.ncbi.nlm.nih.gov/pubmed/PMH0001992/)

## **SPECIFIC MEDICAL TOPICS IN DS**

Breastfeeding a Child with Down Syndrome, by the Nursing Mothers Assoc. of Australia [breastfeeding.asn.au/bf-info/down](https://www.breastfeeding.asn.au/bf-info/down)

Breastfeeding and Down Syndrome, by the La Leche Organization [llli.org/breastfeeding-info/special-needs/](https://www.llli.org/breastfeeding-info/special-needs/)

Center for Motor Behavior in Down Syndrome [umich.edu/~cmbds](https://www.umich.edu/~cmbds)

Dental Care in Down Syndrome: A Review of the Literature by Sindoor Desai, DDS [riverbenddds.org/index.htm?page=desai.html](https://www.riverbenddds.org/index.htm?page=desai.html)

Down's Heart Group [dhg.org.uk](https://www.dhg.org.uk)

Growth Charts for Children with Down Syndrome [growthcharts.com](https://www.growthcharts.com)

My Brother and Me: about Down Syndrome and Alzheimer's [angelfire.com/mi4/downs\\_dementia/index.html](https://www.angelfire.com/mi4/downs_dementia/index.html)



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## **ASSISTANCE FOR LOW INCOME FAMILIES**

Catholic Services [www.ccstl.org](http://www.ccstl.org) - 367-5500; 4532 Lindell Blvd., St. Louis, Mo. 63108

Circle of Concern [www.circleofconcern.org](http://www.circleofconcern.org) - 636-861-2623; 112 St. Louis Ave., Valley Park, 63088

Kingdom House [www.kingdomhouse.org](http://www.kingdomhouse.org) - 421-0400; 1321 S. 11th Street, St. Louis, 63104

Midwest Special Needs Trust [midwestspecialneedstrust.org](http://midwestspecialneedstrust.org)

Salvation Army [stlsalvationarmy.org](http://stlsalvationarmy.org); 646-3000; 1130 Hampton Ave., St. Louis, 63139

St. Patrick's Partnership [stpatrickcenter.org](http://stpatrickcenter.org); 802-0700; 800 N Tucker Blvd, St. Louis, MO 63101

St. Vincent DePaul Society [svdpstlouis.org](http://svdpstlouis.org); 531-2183 or call 531-SVDP (7837)

United Metro Ministry [www.kirkwoodumc.org/ministries/outreach](http://www.kirkwoodumc.org/ministries/outreach) 534-1010; 1040 S. Taylor, St. Louis, 63110

## **EDUCATION**

Affordable College Online [affordablecollegesonline.org/spotlight/affordable-colleges-for-students-with-disabilities](http://affordablecollegesonline.org/spotlight/affordable-colleges-for-students-with-disabilities)

Belle Children's Services of St. Louis Arc [slarc.org/site/441/belle\\_childrens\\_services.aspx](http://slarc.org/site/441/belle_childrens_services.aspx)

College/Continued education [ssdmo.org/step3/college\\_cont\\_ed.html](http://ssdmo.org/step3/college_cont_ed.html)

DESE Special Education (Youth) [dese.mo.gov/se](http://dese.mo.gov/se)

Education Plus [edplus.org](http://edplus.org)

Family Advocacy and Community Training [factmo.org](http://factmo.org)



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Good Shepard School for Children [goodss.org](http://goodss.org)

MPACT [missouriparentsact.org](http://missouriparentsact.org)

National Association for Child Development [nacd.org](http://nacd.org)

Promise Christian Academy [promisestl.org](http://promisestl.org)

Special School District [ssdmo.org](http://ssdmo.org)

Think College [thinkcollege.net](http://thinkcollege.net)

UMSL SUCCEED Post-Secondary Program [umslsucceed.com](http://umslsucceed.com)

U.S. Department of Education [ed.gov/index.jhtml](http://ed.gov/index.jhtml)

Wrightslaw [wrightslaw.com](http://wrightslaw.com)

## **IEP RESOURCES**

Transition and the IEP [ssdmo.org/step3/transition\\_and\\_iep.html](http://ssdmo.org/step3/transition_and_iep.html)

What Parents Need to Know [research.tufts-nemc.org/help4kids/docs/LEAP%20Handouts/Parent%20Forms/What%20parents%20should%20know%20about%20an%20Individualized%20Education%20Program.pdf](http://research.tufts-nemc.org/help4kids/docs/LEAP%20Handouts/Parent%20Forms/What%20parents%20should%20know%20about%20an%20Individualized%20Education%20Program.pdf)

## **TECHNOLOGY**

C-wide: Dolphin Trips [c-wide.net](http://c-wide.net)





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Flash Master (Math tutoring device) [flashmaster.com](http://flashmaster.com)

ipads 4 Kids with Special Needs [ipads4specialneedsbook.com](http://ipads4specialneedsbook.com)

iReadWrite [educationalappstore.com/app/ireadwrite](http://educationalappstore.com/app/ireadwrite)

Our Favorite Apps [gatfl.org/favorite-search.php](http://gatfl.org/favorite-search.php)

Pediatric Treadmills [carlinscreations.com](http://carlinscreations.com)

Search for Apps [quixey.com](http://quixey.com)

## **TRANSITION**

Checklist for the first 21 years (PDF) [ssdmo.org/assets/123/step3/checklist\\_for\\_first\\_21.pdf](http://ssdmo.org/assets/123/step3/checklist_for_first_21.pdf)

Department of Elementary and Secondary Education [dese.mo.gov/adult-learning-rehabilitation-services/vocational-rehabilitation/transition-services](http://dese.mo.gov/adult-learning-rehabilitation-services/vocational-rehabilitation/transition-services)

Explore your future: Tools for students [ssdmo.org/step3/explore\\_tools\\_students.htm](http://ssdmo.org/step3/explore_tools_students.htm)

Planning for Adult Life [ssdmo.org/step3.html](http://ssdmo.org/step3.html)

SSD Resource Directory [ssdmo.org/assets/123/step3/Resource\\_Directory.pdf](http://ssdmo.org/assets/123/step3/Resource_Directory.pdf)

SSD Transition Guidebook (PDF) [ssdmo.org/assets/123/step3/guidebook.pdf](http://ssdmo.org/assets/123/step3/guidebook.pdf)

SSD transition services [ssdmo.org/step3/transition\\_overview\\_timeline.html](http://ssdmo.org/step3/transition_overview_timeline.html)

Transition Coalition [transitioncoalition.org/transition/section.php?pageId=150](http://transitioncoalition.org/transition/section.php?pageId=150)



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Transition Council and Transition Alliance [transition4life.org](http://transition4life.org)

## **VOCATION / VOLUNTEERING**

America's Career InfoNet [acinet.org/acinet](http://acinet.org/acinet)

Daytime/Volunteer opportunities [sdmo.org/step3/daytime\\_volunteer.html](http://sdmo.org/step3/daytime_volunteer.html)

DESE Vocational Rehab (Adults) [dese.mo.gov/vr/vocrehab.htm](http://dese.mo.gov/vr/vocrehab.htm)

Easter Seals Midwest [lifeskills-stl.org/employment-services.aspx](http://lifeskills-stl.org/employment-services.aspx)

Employment [sdmo.org/step3/employment.html](http://sdmo.org/step3/employment.html)

Mers Goodwill [mersgoodwill.org](http://mersgoodwill.org)

Missouri Career Options Project [missouribusiness.net/career/index.asp](http://missouribusiness.net/career/index.asp)

St. Louis Arc [slarc.org/site/446/employment\\_services.aspx](http://slarc.org/site/446/employment_services.aspx)

Work Support [worksupport.com](http://worksupport.com)

## **HOUSING / INDEPENDENT LIVING**

Housing options [sdmo.org/step3/housing\\_options.html](http://sdmo.org/step3/housing_options.html)

National Council on Independent Living [www.ncil.org](http://www.ncil.org)

Skills for independent living [sdmo.org/step3/skills\\_independent\\_living.html](http://sdmo.org/step3/skills_independent_living.html)



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St. Louis Arc [slarc.org/site/464/residential\\_services.aspx](http://slarc.org/site/464/residential_services.aspx)

St. Louis Life [stlouislife.org](http://stlouislife.org)

## **SELF DETERMINATION / SELF-ADVOCACY**

Arc's Self-Determination Scale (PDF) [ssdmo.org/assets/123/step3/step\\_3\\_pdfs/ArcsSelfDeterminationScale.pdf](http://ssdmo.org/assets/123/step3/step_3_pdfs/ArcsSelfDeterminationScale.pdf)

Learn more about promoting self-determination in the home (PDF)

[ssdmo.org/assets/123/step3/step\\_3\\_pdfs/self\\_det\\_in\\_the\\_home.pdf](http://ssdmo.org/assets/123/step3/step_3_pdfs/self_det_in_the_home.pdf)

National Resource Center Fact Sheet: Summary of Self-Determination (PDF)

[ssdmo.org/assets/123/step3/step\\_3\\_pdfs/summary\\_selfdet\\_NRC\\_fact\\_sheet.pdf](http://ssdmo.org/assets/123/step3/step_3_pdfs/summary_selfdet_NRC_fact_sheet.pdf)

Timeline (PDF) for developing self-determination skills [ssdmo.org/assets/123/step3/step\\_3\\_pdfs/timeline\\_self\\_determination.pdf](http://ssdmo.org/assets/123/step3/step_3_pdfs/timeline_self_determination.pdf)

## **RECREATION / LEISURE**

Camp Barnabas [campbarnabas.org](http://campbarnabas.org)

Challenger Baseball [challengerbaseball.org](http://challengerbaseball.org)

Kids Enjoy Exercise Now (KEEN) [keenusa.org](http://keenusa.org)

PALS Program [palsprogram.org](http://palsprogram.org)

Recreation and leisure [ssdmo.org/step3/rec\\_leisure.html](http://ssdmo.org/step3/rec_leisure.html)

Recreation Council of Greater St. Louis [recreationcouncil.org](http://recreationcouncil.org)



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Special Olympics [specialolympics.org](https://specialolympics.org)

STAGES Performing Arts Academy Access the Arts [stagesstlouis.org](https://stagesstlouis.org)

Sunnyhill Adventures [sunnyhilladventures.org](https://sunnyhilladventures.org)

Team Activities for Special Kids [tasksports.org](https://tasksports.org)

Turner Center for the Arts [turnercenterforthearts.org](https://turnercenterforthearts.org)

Wonderland Camp [wonderlandcamp.org](https://wonderlandcamp.org)

## **LEGAL / FINANCIAL**

American's with Disabilities Act [ada.gov](https://ada.gov)

Financial, medical and guardianship resources [ssdmo.org/step3/financial\\_med\\_guardian.html](https://ssdmo.org/step3/financial_med_guardian.html)

HUD.gov: Disability rights [hud.gov/program\\_offices/fair\\_housing\\_equal\\_opp/disabilities/inhousing](https://hud.gov/program_offices/fair_housing_equal_opp/disabilities/inhousing)

Legal Service of Eastern Missouri [lsem.org](https://lsem.org)

Missouri Family to Family Resource Center [mofamilytofamily.org](https://mofamilytofamily.org)

Midwest Special Needs Trust [www.midwestspecialneedstrust.org](https://www.midwestspecialneedstrust.org)

NBC Capital Impact [nbccapitalimpact.org](https://nbccapitalimpact.org)

National Disability Institute [ndi-inc.org](https://ndi-inc.org)



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National Organization on Disability [nod.org](http://nod.org)

## **RESOURCES IN OTHER LANGUAGES**

Spanish Edition of DSMIG Guidelines [empresas.mundivia.es/downcan/Programa\\_Salud.html](http://empresas.mundivia.es/downcan/Programa_Salud.html)