



Need Support Navigating Distance Learning?

We Have You Covered!

Back to school time is a challenge in itself, so navigating this uncharted territory of remote education adds a new level of caregiver stress. That's where our specialized Pathways therapy team comes in!

Our **Distance Learning Support** focuses on helping caregivers with planning and implementing at-home learning. Through a consultation model, the Pathways team virtually meets with caregivers to determine what is needed to promote at-home learning success. Keeping your self-advocate's goals at school in mind, we will provide caregiver education and support regarding individualized teaching strategies and learning resources. This may also include preparing individualized learning materials and working with families to develop routines that may help reduce caregiver stress.

Consultation Package: 5 sessions (30 minutes each)

Support from our Pathways Team

- Board Certified Behavior Analyst
- Occupational Therapist
- Speech-Language Pathologist



Pathways™

Great News: there is a \$100 scholarship available for the first 20 families who enroll, reducing enrollment to \$200 (from \$300) for the entire Consultation Package! **Contact us today at (913) 213-5484 or pathways@kcdsg.org to enroll!**

 **GET CONNECTED**

Have you registered on our family portal yet?

It's the only way to ensure you will receive **accurate and timely information** from DSG, as well as **services and support tailored to your family's needs!**

REGISTER HERE >>

Helpful Tips: Distance Learning

- **Establish a routine:** consider using a visual schedule and/or a visual timer to promote success.
- **Do not forget to schedule in breaks!** Remember that your child would get natural breaks during the school day when transitioning between activities and classrooms.
- **Make sure your child gets in plenty of movement:** moving our bodies helps everyone stay engaged and focused! Try some short dance videos on YouTube or take a short walk.
- **Set up the environment for success:** create a space that is used only for school activities that is free of as many distractions as possible.
- **Make sure seating is appropriate:** a table and chair or a lap desk may promote completion of school tasks!
- **Ask for help!** If you are having difficulty working with your child or understanding school/classroom expectations, just ask. You can always contact your child's IEP team or you can reach out to the Pathways team.

And remember, this is new for everyone!

Growing to Provide...

Lifespan Services

DSG Welcomes Jessie Fox, Speech-Language Pathologist

DSG is excited to welcome Jessie Fox, MA, CCC-SLP, as our new Speech-Language Pathologist. Jessie will provide speech and language therapy to individuals with Down syndrome, as part of our specialized Pathways therapy team that also includes two occupational therapists and a board certified behavior analyst.

"I am truly excited to have joined such a wonderful team at the Down Syndrome Guild," says Jessie. "I look forward to meeting all of our self-advocates and families!"

Jessie's experience includes working within the home health, school, and clinic environments. Her focus is performing evaluations and treatments in the areas of augmentative and alternative communication (AAC); apraxia of speech; receptive and expressive language; fluency (stuttering); and social communication.



Jessie earned her undergraduate degree in Speech, Language, and Hearing from Texas Tech University. She earned her master's degree in Speech-Language Pathology from the University of Kansas. She is licensed in the states of Kansas and Missouri. Her training also includes Leadership Education in Neurodevelopmental and related Disabilities (LEND). LEND provides knowledge about developmental disabilities through interdisciplinary clinics, outreach events, research, and academic coursework.

During her free time, Jessie enjoys working on home improvement projects, playing board games, and spending time with her three dogs.

Interested in Virtual Therapy Services?

Our highly skilled therapy team is ready! Our mission is to equip your family with evidence-based strategies and purposeful activities, which prepare your loved one with Down syndrome for a meaningful, productive, and authentic life.

Services Offered:

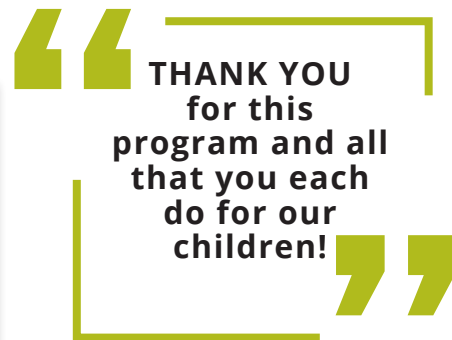
- Direct Therapy
- Consultation, including Distance Learning Support
- Therapeutic small groups



Shelby and the Pathways team during a teletherapy session.

Our team of occupational therapists, speech-language pathologist and Board Certified Behavior Analyst specialize in Down syndrome.

Contact us today at (913) 213-5484 or pathways@kcdsg.org to enroll!



~Shelia, mother of Shelby, a 15 year old with Down syndrome participating in our Pathways program (in-person and now virtually)

Join the Movement and "Step Up" for Down Syndrome

You are already Stepping Up—Walk Teams are gaining momentum (GREAT JOB)! While we are optimistic that we will be able to gather together in-person for our Walks, we are unable to predict whether the state and local regulations will place restrictions on group events due to COVID-19. However, we want you to know how important it is for us to continue Stepping Up For Down Syndrome! Mark Your Calendars and let's keep the movement going!

Central MO Step Up Walk (in-person event):

- Sunday, October 11th, 11:00 AM – 1:30 PM
- Shirt Registration Deadline (for team name on back of shirt): Sept. 18 at 5 pm
- Register >>

KC Step Up Walk (in-person event):

- Saturday, October 24th, 10:00 AM – 2:00 PM
- Shirt Registration Deadline (for team name on back of shirt): Sept. 28 at 5 pm
- Register >>

Virtual #StepUpChallenge:

- Saturday, October 24th, 11:00 AM – 1:00 PM
- Shirt Registration Deadline (for team name on back of shirt): Sept. 28 at 5 pm
- Register >>



Find out why the Bland Family is Stepping Up!

No matter what the future holds, we will celebrate together—although it may look and feel a bit different. Our goal is to provide the best experience possible for both the in-person Walks and Virtual #StepUpChallenge! **Contact Amy Stoll at (913) 689-2773 or stoll@kcdsg.org for more information!**

ADVOCACY & EDUCATION CORNER: Services During Distance Learning

DSG has received numerous calls and messages from parents, who are concerned about distance learning and a potential lack of services for their child during COVID restrictions. We have assembled some expert resources to help parents navigate these uncharted waters. *If you need additional support, please don't hesitate to reach out to us at amy@kcdsg.org*

Special Education Law Webinars: McAndrews Law Offices has a national reputation in Special Education Law and Special Needs Trusts, as well as Estate & Trust Planning/Administration, Elder Law & more. They sponsored a series of webinars to help parents address educational issues during COVID:

- Learn about your rights regarding special education plans and changes/concerns arising due to COVID >>
- Reflecting on remote learning and preparing for future schooling webinar >>

Council of Parent Attorneys and Advocates: (COPAA) released several statements to help parents ensure their students access to a free and appropriate education are protected:

- Recommendations on Students with Disabilities and School Reopening >>
- Provision of Compensatory Education In Response to Lost Education as a Result of COVID-19 >>
- Recommendations on the Provision of FAPE to Students with Disabilities When a Parent Opt's to Keep Their Child Home During the 2020-2021 School Year >>

On the Horizon

Young Children (ages, 4 - 6)

- Smart Start—Student Readiness: Sept. 10 / 6 - 8 PM (ONLINE) >>

Teens (ages, 12 - 17)

- Weekly Zoom Gatherings on Thursdays >>

Adults (ages, 18 - 21+)

- Weekly Zoom Gatherings on Tuesdays >>

Central Missouri

- Weekly Teen/Adults Zoom Gatherings on Tuesdays >>

All Caregivers

2020-21 Seminar Series (ONLINE):

- Functional Skills for the School Day: Sept. 10 / 8:30 - 10:30 AM >>
- Down Syndrome 101: Oct. 8 / 12:30 - 2:30 PM >>

Mission Moment

Since late April, DSG has hosted Zoom Gatherings for Central Missouri teens and adults on Tuesday evenings. The goal is to create a sense of community among participants, while also navigating the challenges that come with social distancing.

"I just want to thank all involved for the efforts to make this a constant in an otherwise sporadic routine, says Lisa, Mother of Sydney. "Jessica [Fahey] is wonderful at facilitating appropriate conversation, providing topics for discussion and guiding their experience."

"We've had four young women consistently participate over the past few months and their relationships with each other have really blossomed," explains Jessica Fahey, Program Coordinator. "We've laughed together and cried together and have offered each other support."

"These gatherings are fostering friendships that will be a source of strength and stability for these girls for years to come," shares Lisa. "I can't understate the impact of this program!"

SAVE THE DATE...

OCT.
11

CENTRAL MO STEP UP WALK

Join us at Cosmopolitan Park to celebrate our families in this region!

OCT.
24

KC STEP UP WALK

Join us at Arrowhead Stadium for our largest fundraiser of the year!

OCT.
24

VIRTUAL STEP UP CHALLENGE

"Step Up" through whatever activity you enjoy most, from any location!

Please note: all events subject to change and/or cancellation due to unforeseen COVID-19 restrictions.

For more information, visit our website at kcdsg.org

