Down Syndrome Indiana™

DEDICATED TO ENHANCING
THE LIVES OF INDIVIDUALS
WITH DOWN SYNDROME

DSINDIANA.ORG

ABOUT DOWN SYNDROME INDIANA

At Down Syndrome Indiana, our mission is to empower individuals with Down syndrome and their families through support, education, advocacy, and community connection across every stage of life. As Indiana's largest and most comprehensive Down syndrome organization, we work to build a more inclusive state where individuals with Down syndrome are valued, supported, and given every opportunity to thrive. Through statewide programming, resources, and advocacy efforts, we strive to strengthen families, elevate voices, and create lasting impact throughout Indiana.

DOWN SYNDROME

WHAT IS DOWN SYNDROME

There are hundreds of thousands of people in the United States living with Down syndrome today. With improved standards of living and health care, and inclusion in family and community life, that number grows as people with Down syndrome now live into their sixties. From birth, through childhood, and into adulthood, it is the privilege to serve individuals with Down syndrome and their families by providing support, guidance, and a sense of community.

First and foremost, there is nothing a parent could have done to cause or prevent Down syndrome. Down syndrome is a chromosomal condition, named for Langdon Down, the physician who first described it. Approximately 1 in 691 babies born in the world are born with Down syndrome. It occurs in all races, and at all socioeconomic levels.

The majority of people with Down syndrome have trisomy 21, or the three entire copies of chromosome 21, which occurs randomly. You may have heard that older women are more likely to have a baby with Down syndrome. While it is true that the chance to have a baby with Down syndrome increases with age, the majority of babies with Down syndrome are born to women under 30.

For more information about Down syndrome please visit dsindiana.org. You may also contact the Down Syndrome Indiana, Inc. office at (317) 925-7617 or email: info@dsindiana.org.

GLOBAL DOWN SYNDROME FOUNDATION®

Down Syndrome Indiana™

Down Syndrome Indiana™

Welcome to the Down Syndrome Indiana Family

Founded more than 30 years ago by families, Down Syndrome Indiana proudly supports individuals with Down syndrome and their families across more than 48 counties. Our organization was built on the belief that no family should navigate a Down syndrome diagnosis alone. Through our medical outreach and new parent support programs, we are often a family's first call following a prenatal or postnatal diagnosis. Our New and Expectant Parent team, made up of parents of individuals with Down syndrome, provides accurate and reliable information, community connections, resources, and a listening ear every step of the way.

DSI Connection Call

We know this journey can come with a lot of emotions, questions, and unknowns. Please know that you are not alone. Whether you want to talk on the phone, meet for coffee, or connect through a home visit, we would love the opportunity to get to know you and your family. We are here to listen, answer questions, share resources, and walk alongside you every step of the way.

DSI New Parent Packet

Our DSI New Parent Packets are filled with trusted resources, Down syndrome-specific medical information, community connections, information about Down Syndrome Indiana, and a few special items to help us say, "Welcome to the family!" Request your packet today at dsindiana.org/requestaparentpacket.

DSI Annual Baby Shower Event

Join us for Down Syndrome Indiana's Annual Baby Shower! This special event is a chance to connect with other families, enjoy food and fellowship, and celebrate your little one. Siblings, grandparents, and the whole family are welcome to join the fun! Learn more about our next shower at dsindiana.org/dsi-baby-shower/

DSI First Call Connection

The First Call Program connects expectant and new parents of a child with Down syndrome with trained parent mentors who have walked a similar journey. Whether you have received a prenatal diagnosis, recently welcomed your baby, or want to connect with another parent, we are here to provide support and encouragement. To get connected with a First Call mentor, email newparent@dsindiana.org.

DSI Babies and Toddlers Community Group

Connect with other families, share experiences, and grow your support network with families who understand the journey. Stay up to date on upcoming gatherings at dsindiana.org/events or sign up for our text alerts at the QR code.

ADULT LIFE
DOWN SYNDROME INDIANA

Down Syndrome Indiana supports adults with Down syndrome through social opportunities, fitness and education programs, our DSI Self-Advocate Community Group, and more! We're proud to create opportunities for adults with Down syndrome to build friendships, stay active, develop new skills, and connect with their community.

Down Syndrome Indiana™

Down Syndrome Indiana Self Advocates Group

The Down Syndrome Indiana Self-Advocate Community Group is a free social group for adults with Down syndrome that meets throughout the year for recreational activities, community outings, and social events. Learn more at dsindiana.org/events

Down Syndrome Indiana Adult Programming

Down Syndrome Indiana offers adult programming throughout the year designed to promote health, friendship, independence, and lifelong learning. Programs such Live Laugh Dance and social boundaries education through the Circles® curriculum can be found at dsindiana.org/adult-programming

Down Syndrome Indiana Adult Literacy

Down Syndrome Indiana is honored to support individuals on their adult literacy journey. To learn more about programs and resources, contact education@dsindiana.org

Down Syndrome Indiana Office Volunteering

Looking to build office and workforce skills? Down Syndrome Indiana welcomes adults with Down syndrome to gain hands-on experience in our office while developing valuable workplace skills. Learn more at volunteer@dsindiana.org.

Down Syndrome Indiana Self Advocates Conference

Join us for the annual Self-Advocates Conference, a day of learning, connection, and engagement for adults with Down syndrome! Learn more at dsindiana.org/selfadvocateconference/

Sign Up For Self Advocate Event Text Alerts