

Mission:

To provide support, education, and advocacy for people with Down syndrome, their families and communities.

Family Support	Advocacy	Education	Medical Outreach	Social Programs
Packets & follow up contact for new and expectant parents	Northeast Ohio Buddy Walk	The Learning Program reading and math enrichment for parents and students PreK-5 w/ Ds	Visit Health Care Providers	Bowling Buddies
Sibshop program for siblings ages 7-12	Cleveland Down Syndrome Day	School outreach with IEP teams to facilitate education	Deliver packets of information to Northeast Ohio medical professionals	USOD Family Days at area theaters and sporting events
Hospital and home visits to new families	World Down Syndrome Day activities yearly on March 21 (3/21)	Host Educational Conferences for parents and professionals	Provide up-to-date info on the USOD website with relevant medical information	Tee It Up Golf clinics
Growing with 21 Adult Sibling group	Celebrate Down Syndrome Awareness Month each October	IEP support for families	Present to Grand Rounds, panels and students in health care fields	Adult gatherings such as monthly karaoke and seasonal dances
Host Northeast Ohio Baby & Toddler Play Groups	Contact local and state legislators to promote Ds initiatives	Down Syndrome 101 training for professionals	Provide medical professional referrals to USOD members upon request	USOD Fall Fun Fests
Host monthly Parent's Night Out gatherings	Spread the Word to End the Word Pledge	Peer Presentations to support friendship and understanding within the classroom	Host Medical Seminars for families	Mind Body Soul social outings for individuals with Ds, 18+
Family Grants Program offered to USOD families 2x per year	Preferred Language Guide for Ds	Mind Body Soul life skills programs for adults with Ds, 18+	Review and promote Ds research studies	USOD Holiday Party
Support group for Parents of Teens & Adults with Ds	Work with media partners to encourage positive and accurate depictions of individuals with Ds	Strider Bike Camp	Serve on Advisory Boards for research studies	USOD supported fitness programs such as Adaptive Jazzercise & Buddy Up Tennis
Monthly Grandparent support group		Steps to Independence Retreat for individuals w/ Ds, 18+	Circle of Support for diagnosis of Alzheimer's and Down syndrome	
Parent to Parent Network Support on Facebook		Summer Enrichment Adventures in Learning Pre-K and up	Medical Advisory Board	