

I HAVE DOWN SYNDROME.

This is one of the things that makes me special.



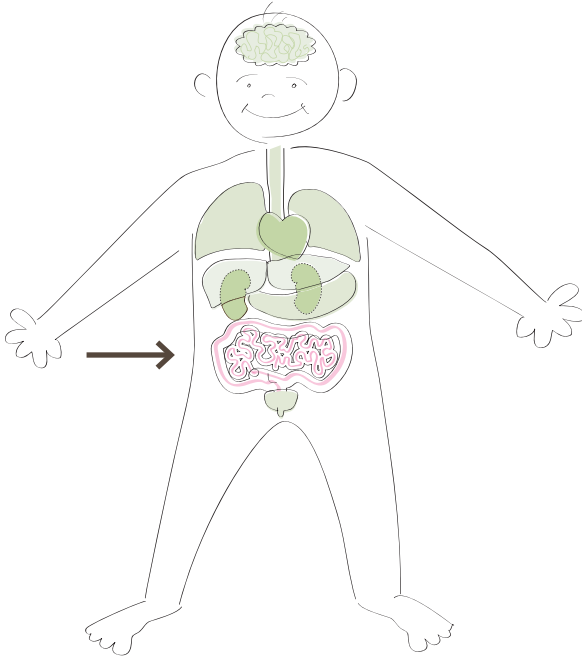
Just like you need bricks, cement and windows to build a house, the body needs 23 kinds of chromosomes to build its parts. Most people have two of each type of chromosome. I have three of the chromosome called #21. That's why Down syndrome is also called trisomy 21. Having three of chromosome 21 makes my body and my brain work differently from some other people.

I am very proud of myself because:

I HAVE CELIAC DISEASE

This means that my body gets sick from foods that have gluten.

The part of my body that gets sick from celiac disease is here:



Celiac disease can give me belly pain and strange poops, and it can make me lose too much weight.

There are lots of foods that are safe for me, like:

Some foods that make me sick are:

I need to tell people that give me food that the food should be **gluten-free**, even at a friend's house or a restaurant.

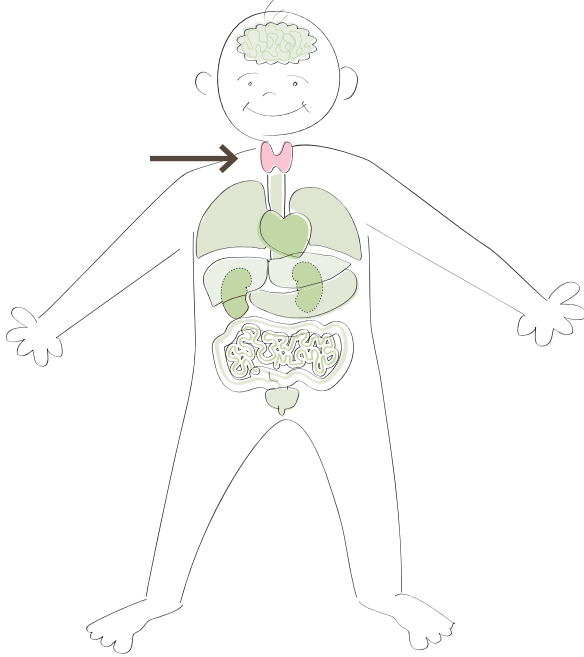
I do not have to take medicine for celiac disease, but sometimes I need a blood test to check on it.

The doctor who helps me with my celiac disease is _____.

I HAVE HYPOTHYROIDISM.

This means that my thyroid gland works too slowly.

My thyroid is here:



The medicine I take to fix my thyroid is: _____.

I take my medicine every day.

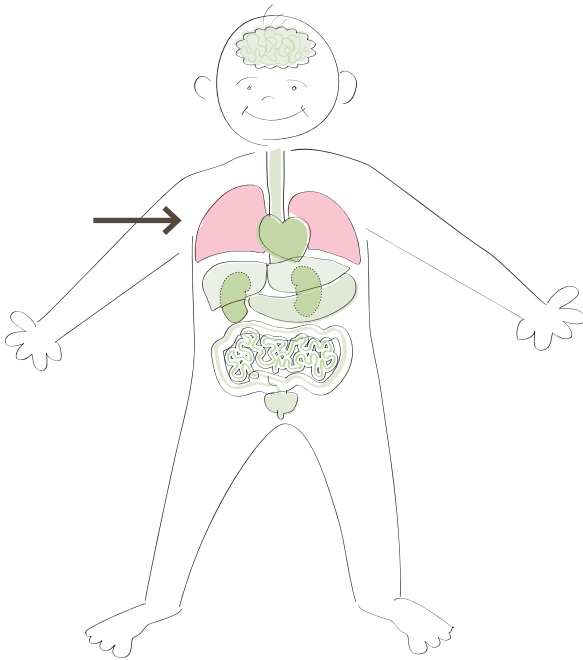
If I don't take my medicine, I may be too tired, gain too much weight and have constipation.

Sometimes I need a blood test to check that my thyroid is working just right.

The doctor who helps me with hypothyroidism is _____.

I HAVE OBSTRUCTIVE SLEEP APNEA.

This means that when I'm sleeping, air gets stuck and can't get into my lungs.



I had my tonsils and adenoids out when I was _____ years old.

I use CPAP/BiPAP to help me breathe when I am sleeping.
I need to keep my CPAP/BiPAP mask on all through the night.

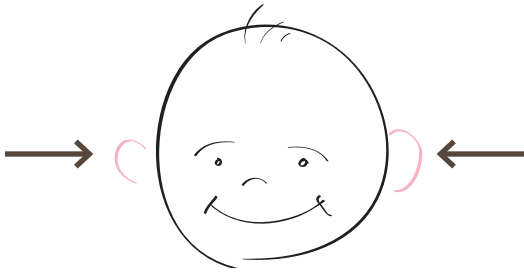
The company that helps with my CPAP/BiPAP machine is _____.

If I don't use my CPAP/BiPAP, I will be very tired during the daytime, I will have more trouble learning and concentrating, and my heart will have to work much harder.

The doctor who helps me with obstructive sleep apnea is _____.

I HAVE HEARING LOSS.

This means that sounds are not loud enough for me to hear without help.



The type of hearing loss that I have is called:

- Sensorineural — Sound messages have trouble traveling on the path to my brain
- Conductive — Sound messages can't get in because something is blocking

The last time I had tubes put in my ears was when I was _____ years old.

I use hearing aids to make sounds louder. Yes _____ No _____

The name of my hearing aid is _____ .

If my hearing aid is broken or needs new batteries, I can call:

Name of company: _____

Phone number of company: _____

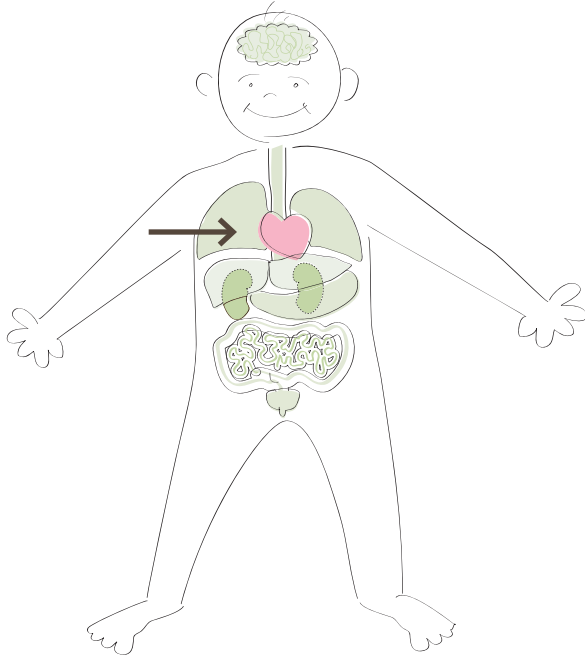
My audiologist, who measures my hearing, is _____ .

The doctor who helps me with ear problems is _____ .

I HAVE CONGENITAL HEART DISEASE.

This means that my heart was built with a mistake in it when I was born.

My heart is here:



The name of my heart problem is _____.

My heart was fixed with surgery when I was _____ years old.

Additional surgery dates were: _____.

Now, my heart works much better!

I have no restrictions from activities; I can do sports without any problems.

I have restrictions from certain activities, like _____.

I do do not need antibiotics before I go to the dentist.

The doctor who helps me with my heart is _____.

I HAVE A VISUAL IMPAIRMENT.

The problem I have is called:

- Strabismus. This means that my eyes drift.
- Myopia. This means that I am nearsighted; I have difficulty seeing things from far away.
- Hyperopia. This means that I am farsighted; I have difficulty seeing things close up.
- Nystagmus. This means that my eyes shake.
- Cataract. This means that there is a spot in my eye (like a smudge on a window).

I wear glasses. Yes No

I had surgery on my eyes. Yes No

Surgery dates were _____.

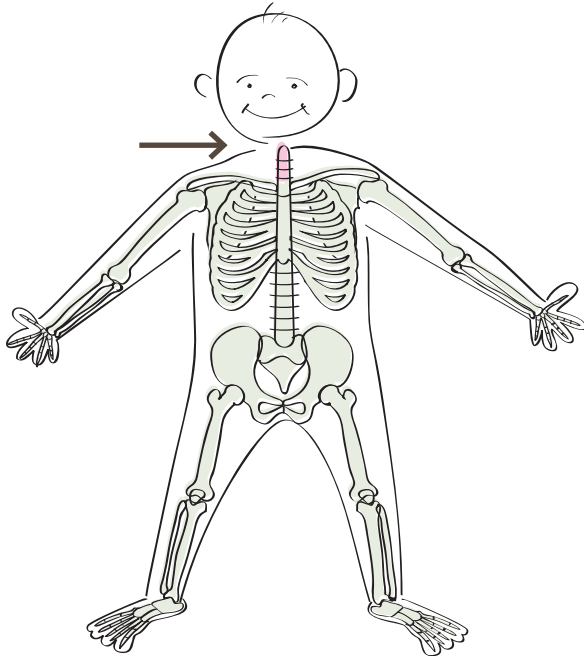
The problem with my eyes makes these things difficult: _____

The doctor who helps me with my eye problems is _____.

I HAVE A RISK FOR ATLANTO-AXIAL INSTABILITY.

This means that the bones in my neck can move easily and cause a serious injury.

My neck is here:



I had an X-ray that showed _____.

I had an MRI that showed _____.

The best way to stay safe is to avoid sudden and sharp movements of my neck.

This may mean that I need to avoid certain sports, like gymnastics, horseback riding, diving and skiing.

If I ever need surgery, the doctors should know to position my neck very carefully.

I will call my doctor right away if I have neck pain, problems moving my neck, weakness in my arms or legs, trouble walking, or a new problem with peeing or pooping on myself.

The doctor who will help me with this problem is _____.

I HAD LEUKEMIA.

This means that there was a bad sickness in my blood, called cancer.

Some people call me a survivor because I beat the cancer and got better!

I was _____ years old when the leukemia started.

The type of leukemia that I had was called ALL AML

I was treated with medicines called _____.

It took _____ months of treatment to get better.

The leukemia has been GONE for _____ years.

Leukemia does not cause me problems anymore.

The doctor who helped me beat leukemia was _____.

I HAVE AUTISM SPECTRUM DISORDER.

That means that I see, hear, feel things differently from other people and see the world in a different way.

- I don't use words to communicate.
- I do well by communicating with pictures or an app on my tablet.
- I can show you what I want or need in other ways, like _____.
- I can have a conversation, though I may sometimes need help.

My favorite things to talk about are: _____

I may need reminders to:

- Make eye contact
- Greet people
- Remember personal space
- Other _____

I am sensitive to certain things, like:

- Loud noises
- People touching me or coming too close
- Crowds
- Changes to my routine
- Other _____

When I get upset, I:

- Scream/cry
- Clap my hands/flick my fingers, bang my head
- Hit myself or others
- Run away
- Other _____

I can be calmed by:

- Listening to music or singing
- Rocking back and forth
- Massage or a weighted blanket
- Noise cancelling headphones
- Time alone
- Other _____

I have a history of wandering.

- Yes. Safety precautions in place: ID tags _____ tracking device _____ emergency plans _____.
- No

The doctor who helps me with my autism spectrum disorder is _____.

I HAVE ATTENTION-DEFICIT HYPERACTIVITY DISORDER (ADHD).

That means that I:

- Have lots of energy (maybe too much!). This is called hyperactivity.
- Forget to pay attention to what I'm supposed to be doing. This is called inattention.
- Make sudden decisions without thinking them through. This is called impulsivity.

Things that help me control my extra energy are:

- Exercise
- Relaxing music
- Taking a "time out"
- Other _____

Things that help me pay attention are:

- Breaking down a task into smaller steps
- Making a list of things I need to finish (or looking at pictures of each thing)
- Removing distractions from my work area
- Reminders from a helper
- Other _____

I am trying to make better decisions by:

- Taking some extra time to think things through
- Reviewing the rules with my teacher/boss/parents
- Talking about some bad decisions that I have made to come up with better solutions

I take medicine for my ADHD.

The name of my medicine is _____.

I take my medicine at this time of day _____.

The doctor who helps me with my ADHD is _____.

My counselor who helps me with my ADHD is _____.

I HAVE A MOOD DISORDER.

That means that sometimes I have a hard time dealing with my emotions.

I may be very sad at times and the sadness gets in the way. Yes ___ No ___

This is called depression.

These are some things that make me feel sad: _____

Sometimes, I'm not sure why I feel sad.

When I am feeling sad, these are things that I do to feel happier: _____

I may be very nervous at times and the nervous feeling gets in the way. Yes ___ No ___

This is called anxiety.

These are some of the things that I worry about: _____

Sometimes I'm not sure why I feel nervous.

When I am feeling nervous, these are things I do to feel more calm: _____

You will know that I am feeling sad/nervous because I:

- Cry
- Get very quiet
- Sleep more ___ less ___ than usual
- Eat more ___ less ___ than usual
- Get angry more easily
- Avoid the things that I usually like to do (like spend time with my friends or go out)
- Feel sick (like being dizzy, having trouble breathing, feeling like I'm going to throw up)
- Other _____

I take medicine for my depression/anxiety.

The medicine is called _____

The doctor who helps me with my mood disorder is _____

The counselor who helps me with my mood disorder is _____