

Adult Matters Program

The Adult Matters program is especially designed for adults with Down syndrome and their families. Adult Matters is focused on enhancing the lives of adults with Down syndrome by offering a variety of social and educational events that connect the adult to his or her community. The following is a listing of the types of programs and activities provided by this program:

Seminars and Workshops: Networking and educational opportunities are offered to parents, families, and self-advocates throughout the year as requested by adults with Down syndrome and their families. Past events have included:

- Lifelong Wellbeing
- Truths about Self-Determination
- Relationships & Dating
- Sensory Issues in Adults with Down syndrome
- Moving Out.



“Adult Matters has helped me be a better person. My life is better now because I have more friends.”

Patrice McHale

Social Events: Events in the community hosted by parents and staff allow adults with Down syndrome to come together to share common interests and establish relationships. Past events have included pool parties, Ballroom dance lessons, Coney Island Moonlight Dances, Mainstrasse Village coffee shop outings, movies, and art receptions.

AIM (Advocates in Motion): Adults with Down syndrome provide valuable in-kind volunteer hours the third Friday of each month by processing DSAGC mailings, writing Get Well cards, submitting articles for the D.S. Press, and supporting DSAGC events.



celebrating extraordinary lives

Adult Matters Email Network: Information about upcoming activities, local resources, and interesting opportunities is circulated by email several times a month. Families can also use the network to send out questions to other families for additional support and information.

Special Interest Classes: These classes are held at convenient times and locations in order to provide adults with Down syndrome the opportunity to expand their knowledge and interest in areas such as, cooking, photography and ballroom dancing.

Speaker's Bureau: Six hours of training in public speaking, speech writing, and Power Point presentations allow self-advocates to speak out about their lives, interests, and abilities to a variety of groups in the community.

Independent Living Retreat: Adults with Down syndrome are able to participate in practical sessions that will enable them to develop the skills necessary to become more independent. Sessions may include areas such as kitchen safety/cooking, home management, healthy living, personal safety and money management. The value of increasing one's level of independence is also emphasized.



For more information,
please contact
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Aging Issues Group for Caregivers: This quarterly group is designed for parents and caregivers of adults with Down syndrome over the age of 25. It was created in order to provide them with the opportunity to network with one another, share resources, and discuss pertinent issues that may affect aging adults with Down syndrome. Topics may include legal issues, caregiver stress, dementia, health concerns, etc.



The mission of the DSAGC is to empower individuals, educate families, enhance communities and together, celebrate the extraordinary lives of people with Down syndrome.

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