

Advocating for Myself

- International Down Syndrome Day -

Michelle Broady, Dakota Armbruster and Lori Broady





I am **BRAVE!**



I have practiced.

- Meeting my state senator Dan Watermeier at an ARC dinner
- Talking to my friends at church.
- Giving toasts at family celebrations.



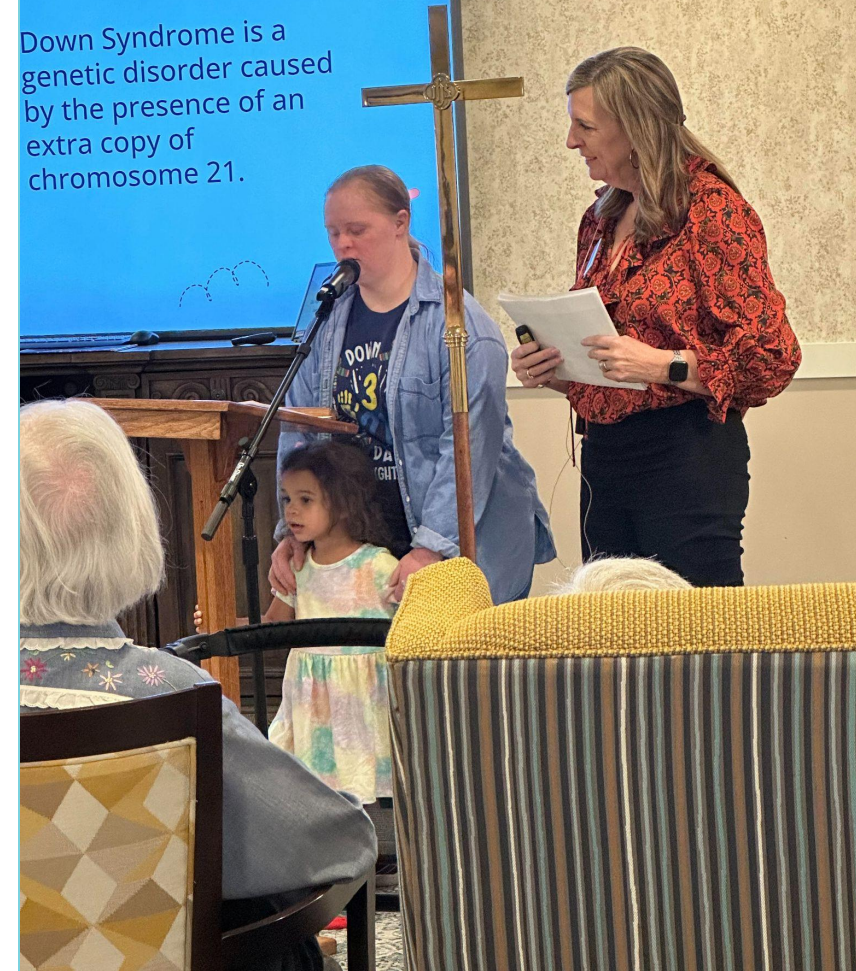
The presentations



Grand Lodge - Lincoln, Nebraska

45 people who were retired professionals.

Down Syndrome is a genetic disorder caused by the presence of an extra copy of chromosome 21.



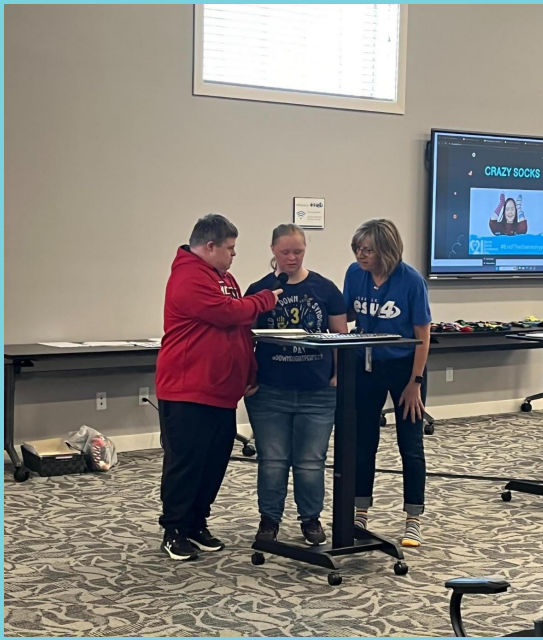


St. John's Lutheran Church

Otoe Nebraska

50 people





Educational Service Unit 4 Auburn, Nebraska

40 middle and high school students at the
Student Leadership Academy

Dakota Armbruster helped present

Johnson-Brock Elementary School



PreK 3, PreK 4, Kindergarten, 1st through 6th grades

200 students plus teachers, paraeducators and administrators



United Methodist Church Johnson, Nebraska

20 people





Media Coverage

Tecumseh Chieftain

Auburn Newspress

Facebook



Crazy Socks - Thrivent Financial Grant

\$250



thrivent®

How to get started



Contact

Churches

Nursing Homes and
Retirement
communities

Schools

Create a presentation

Ask Lori or a school
service organization
for help if needed

Practice



Down Syndrome

March 21

3-21 International Down
Syndrome Day

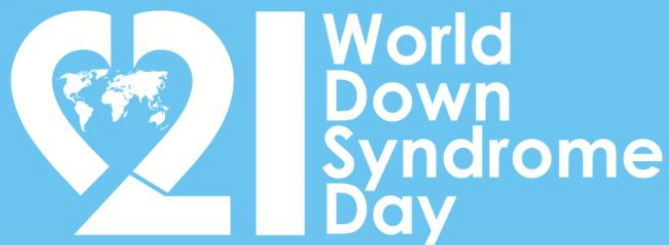
CRAZY SOCKS



World
Down
Syndrome
Day

#EndTheStereotypes

Can you find someone
who is wearing socks
that are like yours?



#EndTheStereotypes

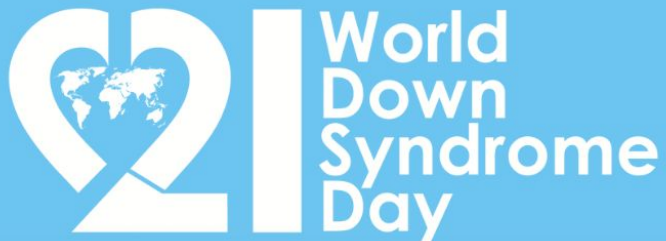
How do you
think your
socks are
alike?



World
Down
Syndrome
Day

#EndTheStereotypes

Does having socks that
are alike make you the
same as each other?



#EndTheStereotypes

People are all different.



Stereotypes that say a group of people are alike in any way, are unhelpful and can be harmful.



#EndTheStereotypes



Get to
know the
real me!



World
Down
Syndrome
Day

#EndTheStereotypes

What is Down Syndrome?

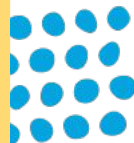


People with Down Syndrome may have physical and intellectual disabilities, but each individual is unique and may have different abilities and challenges.

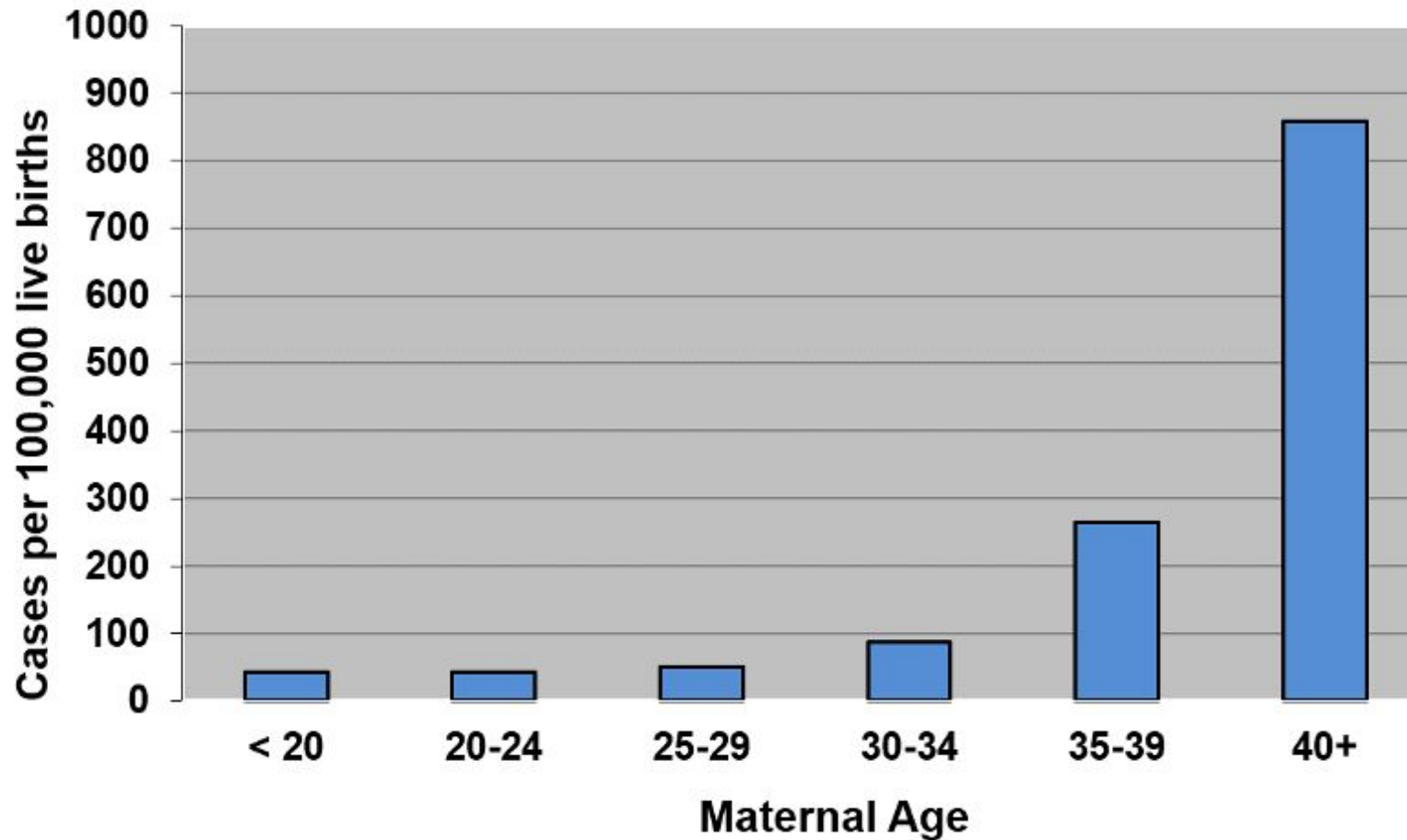




Down Syndrome is a genetic disorder caused by the presence of an extra copy of chromosome 21.



Down Syndrome is the most common chromosomal condition, affecting approximately 1 in every 700 babies born.



The condition is lifelong, but with proper support and care, individuals with Down Syndrome can lead fulfilling lives.





Characteristics of Down Syndrome

- Physical features: distinct facial features, such as almond shaped eyes, a flat nasal bridge, and a small mouth.
- Intellectual abilities: varying degrees of intellectual disability, but many can learn and develop skills with appropriate support and education.
- Health issues: prone to certain health conditions, including heart defects, hearing loss, and thyroid problems.

Developmental milestones: may reach developmental milestones at a slower pace, but with early intervention and therapy, they can make progress.

Support and Inclusion

- 01** Community involvement: Encouraging community involvement and inclusion helps individuals with Down Syndrome develop social skills and build meaningful relationships.
- 02** Early intervention: It is important for children with Down Syndrome to receive early intervention services, such as speech therapy, occupational therapy, and physical therapy, to support their development.
- 03** Inclusive education: Many individuals with Down Syndrome can attend mainstream schools with appropriate accommodations and support from teachers and peers.
- 04** Advocacy and awareness: Promoting awareness and advocating for the rights and inclusion of individuals with Down Syndrome is crucial for creating an inclusive society.

You can do this too

- 01 Find someone who wants to work with you
- 02 What do you want to accomplish?
- 03 Who do you want to present to?
- 04 Create a timeline and to-do list to make sure you get everything done.

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Thank you for your time 😊



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