



Julie Cromer: Resources I Can't Do Without!



Julie Cromer is well known to many members, not least for her exceptional work with Down Syndrome NSW in our library which is named in her honour. Julie is a longstanding active member, a gifted researcher and mother to Ruth.

In this Fact Sheet, Julie shares with us the key resources she can't live without.

These resources are good to have on hand so I suggest you buy your copies for ready reference!

The Guide to Good Health for Teens & Adults with Down Syndrome

By Brian Chicione and Dennis McGuire. Woodbine House, 2010

Contents include skin and nail problems, eye and vision concerns, asthma, coughs, sleep, urology, neurological concerns.

Mental Wellness in Adults with Down Syndrome: a Guide to Emotional and Behavioural Strengths and Challenges.

by Dennis McGuire and Brian Chicione. Woodbine House, 2nd edition 2021

Contents include visual memory, self-esteem, self-talk, social skills, life-span issues, OCD, anxiety disorders, The Groove and flexibility, autism, Alzheimer's disease and decline in skills.

Available from the Library of Down Syndrome NSW.

[You can also purchase from Booktopia.](https://www.booktopia.com.au/mental-wellness-in-adults-with-down-syndrome-dennis-mcguire/book/9781606132852.html)

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Some great online resources from the largest clinic for adolescents and adults with Down syndrome in the United States

Adult Down Syndrome Centre

Advocate Medical Group. Park Ridge, Illinois.

This centre remains the largest clinic for adolescents and adults with Down syndrome in the United States. The Centre is committed to sharing its knowledge and experience. The Centre's co-founders are Brian Chicione and Dennis McGuire.

Information is shared in an extensive online Resource Library that covers a broad range of physical and psychosocial health topics.

[Visit their website online.](https://adsresources.advocatehealth.com)

<https://adsresources.advocatehealth.com>

Some great resources include

[The Groove in People with Down Syndrome Webinar Recording \(8/25/2021\) | Adult Down Syndrome Center \(advocatehealth.com\)](https://adsresources.advocatehealth.com/the-groove-in-people-with-down-syndrome-webinar-recording-8252021/)

<https://adsresources.advocatehealth.com/the-groove-in-people-with-down-syndrome-webinar-recording-8252021/>

[Weight Management in Adults with Down Syndrome | Adult Down Syndrome Center \(advocatehealth.com\)](https://adsresources.advocatehealth.com/weight-management-in-adults-with-down-syndrome/)

<https://adsresources.advocatehealth.com/weight-management-in-adults-with-down-syndrome/>

[How is Alzheimer's Disease Diagnosed in a Person with Down Syndrome? | Adult Down Syndrome Center \(advocatehealth.com\)](https://adsresources.advocatehealth.com/how-is-alzheimers-disease-diagnosed-in-a-person-with-down-syndrome/)

<https://adsresources.advocatehealth.com/how-is-alzheimers-disease-diagnosed-in-a-person-with-down-syndrome/>

[Swallowing Issues | Adult Down Syndrome Center \(advocatehealth.com\)](https://adsresources.advocatehealth.com/resources/swallowing-issues/)

<https://adsresources.advocatehealth.com/resources/swallowing-issues/>

[PowerPoint Presentation \(advocatehealth.com\)](https://adsresources.advocatehealth.com/assets/1/13/Promoting_Mental_Health_in_Adolescents_and_Adults_with_Down_Syndrome.pdf?2051)

https://adsresources.advocatehealth.com/assets/1/13/Promoting_Mental_Health_in_Adolescents_and_Adults_with_Down_Syndrome.pdf?2051

[Prevalence of Mental Health Conditions Among 6078 Individuals with Down Syndrome in the United States | Adult Down Syndrome Center \(advocatehealth.com\)](https://adsresources.advocatehealth.com/prevalence-of-mental-health-conditions-among-6078-individuals-with-down-syndrome-in-the-united-states/)

<https://adsresources.advocatehealth.com/prevalence-of-mental-health-conditions-among-6078-individuals-with-down-syndrome-in-the-united-states/>

[Aging and Life Expectancy | Adult Down Syndrome Center \(advocatehealth.com\)](https://adsresources.advocatehealth.com/resources/aging-and-life-expectancy/)

<https://adsresources.advocatehealth.com/resources/aging-and-life-expectancy/>

[Adaptive Clothing | Adult Down Syndrome Center \(advocatehealth.com\)](https://adsresources.advocatehealth.com/adaptive-clothing/)

<https://adsresources.advocatehealth.com/adaptive-clothing/>

[Activities You Can Do at Home | Adult Down Syndrome Center \(advocatehealth.com\)](https://adsresources.advocatehealth.com/activities-you-can-do-at-home-resource/)

<https://adsresources.advocatehealth.com/activities-you-can-do-at-home-resource/>

[Self-Talk in People with Down Syndrome Webinar Recording \(11/10/2021\) | Adult Down Syndrome Center \(advocatehealth.com\)](https://adsresources.advocatehealth.com/self-talk-in-people-with-down-syndrome-webinar-recording-11102021/)

<https://adsresources.advocatehealth.com/self-talk-in-people-with-down-syndrome-webinar-recording-11102021/>

[Sleep Disorders in Adults with Down Syndrome | Adult Down Syndrome Center \(advocatehealth.com\)](https://adsresources.advocatehealth.com/sleep-disorders-in-adults-with-down-syndrome/)

<https://adsresources.advocatehealth.com/sleep-disorders-in-adults-with-down-syndrome/>

[Epilepsy in Down Syndrome: A Highly Prevalent Comorbidity | Adult Down Syndrome Center \(advocatehealth.com\)](https://adsresources.advocatehealth.com/epilepsy-in-down-syndrome-a-highly-prevalent-comorbidity/)

<https://adsresources.advocatehealth.com/epilepsy-in-down-syndrome-a-highly-prevalent-comorbidity/>

[Sunscreen Use | Adult Down Syndrome Center \(advocatehealth.com\)](https://adsresources.advocatehealth.com/sunscreen-use/)

<https://adsresources.advocatehealth.com/sunscreen-use/>

[I recommend you also follow their posts on Facebook.](https://www.facebook.com/adultdownsyndromecenter/)

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If you are needing additional support, advice or in-school sessions, reach out to Down Syndrome NSW. We offer expert information, resources, behaviour support, inclusion workshops, school consultations and training.



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