

# Down Syndrome Indiana™



## Myth vs. Reality

**Myth:** The condition is called Down syndrome because of the appearance of people who have it.

**Reality:** The condition was identified by a 19th century English physician named John Langdon Down (it was simply his last name).

**Myth:** Down syndrome is rare.

**Reality:** Down syndrome is the most common genetic condition, occurring (approximately) in one of every 691 births, or approximately 5,000 births per year in the United States alone. Down syndrome affects more than 350,000 people in the United States.

**Myth:** Older parents are the cause of Down syndrome.

**Reality:** No one "causes" Down syndrome. During conception, an occurrence takes place resulting in an extra 21st chromosome. 80% of children born with Down syndrome are born to women younger than 35-years; however, the incidence increases with the age of the mother.

**Myth:** People with Down syndrome are severely mentally impaired.

**Reality:** Most people with Down syndrome have IQs that fall in the mild to moderate range of cognitive delay and are definitely able to be educated.

**Myth:** Most people with Down syndrome live in institutions.

**Reality:** Today, while growing up, people with Down syndrome reside at home with their families and are active participants in educational, vocational, social and

- Over Please -

This information provided courtesy of Down Syndrome Indiana.

For More information, please contact Down Syndrome Indiana at [www.dsindiana.org](http://www.dsindiana.org)  
or call 317-925-7617.

# Down Syndrome Indiana™



## Myth vs. Reality Cont'd...

Individuals with Down syndrome socialize with people with and without disabilities. Adults with Down syndrome have jobs and may live in group homes, in their own homes, and other independent housing arrangements.

**Myth:** Parents will not find much support as they raise their child with Down syndrome.

**Reality:** In almost every community of the United States, there are parent support groups and community organizations directly involved in providing services to families of individuals with Down syndrome.

**Myth:** Children with Down syndrome must be placed in segregated special education programs.

**Reality:** Children with Down syndrome are included in regular academic classrooms in schools across the country. Sometimes students are integrated into specific courses, and sometimes they are fully included in the regular classroom for all subjects. The degree of mainstreaming is based on the abilities of the individual; but the trend is for full inclusion in the social and educational life of the community.

**Myth:** People with Down syndrome are always happy.

**Reality:** People with Down syndrome have a full range of emotions just like everyone else.

**Myth:** Adults with Down syndrome cannot get married.

**Reality:** People with Down syndrome date, socialize and form ongoing relationships, and many do marry.

This information provided courtesy of Down Syndrome Indiana.

For More information, please contact Down Syndrome Indiana at [www.dsindiana.org](http://www.dsindiana.org)  
or call 317-925-7617.