



Down Syndrome Resources

for Washington State Families

Down Syndrome Community

<http://www.downsyndromecommunity.org>

Focuses on education, communication, and advocacy. Serves Puget Sound and Western Washington regions. Members include families and professionals.

Down Syndrome: Health Issues

<http://www.ds-health.com>

Website created by a pediatrician and father of a son with Down syndrome; includes news and information for parents; articles about health and health guidelines; and lists medical sites of interest for DS.

National Down Syndrome Congress (NDSC)

<http://www.ndsccenter.org>

(800) 232-NDSC (6372)

Provides information, advocacy and support concerning life for individuals with Down syndrome; news and information clearinghouse; leadership in public policy; research; education; networking and more.

National Down Syndrome Society (NDSS)

<http://www.ndss.org>

(800) 221-4602

National advocate for inclusion of people with Down syndrome in society; offers news and information on support groups, educational information, health care and much more.

Northwest Down Syndrome Association NWDSA

<http://www.nwdsa.org>

(503) 238-0522

Provides opportunities for social and family support, education, and information; offers "Talk to a Mom"/"Talk to a Dad"; New Parent Guides, mini-grants, educational information, news, advocacy and special events.

Zoe Foundation

<http://www.zoefoundation.org>

(425) 343-5799

Parent founded organization, donates Parent Kits for new babies with Down syndrome; offers support and information about Down syndrome; sponsors links to primary web-based resources on Down syndrome.