



💡 Chat Tip - Supporting Loved Ones with Down Syndrome & Alzheimer's Risk

I have a 47-year-old son with Down Syndrome and want to share the strong link between Trisomy 21 and Alzheimer's. I aim to provide this information to other families to help them find ways to keep their children active and healthier.

Prompt: *Can you explain why people with Down syndrome sometimes get memory problems, like Alzheimer's, when they get older? Please make it simple, gentle, and easy for kids to understand. Share some fun and healthy things families can do together, like games, exercise, eating good food, and spending time with friends, that might help keep the brain strong for longer.*

Families of individuals with **Down syndrome (Trisomy 21)** should know that there is a higher risk of developing **Alzheimer's disease as their children age**. This is because the extra chromosome carries a gene linked to the amyloid protein, which plays a role in Alzheimer's.

💜 **The Good News:** Research shows that lifestyle choices and family support can help **delay symptoms** and improve quality of life.

Here are gentle, everyday strategies to support brain health:

- 🧩 **Keep the brain active** – puzzles, music, reading together, and new learning experiences keep the mind engaged.
- 🚶 **Encourage physical activity** – walks, dancing, or group exercise can improve circulation and brain health.
- 🥗 **Focus on healthy foods** – colorful fruits and vegetables, whole grains, lean protein, and healthy fats (like olive oil, nuts, or avocado) support the brain.
- 😴 **Prioritize good sleep** – regular routines, calming bedtime rituals, and screen-free evenings help with restorative rest.
- 👥 **Foster social connection** – family dinners, games, and community programs engage hearts and minds.
- 🏥 **Regular check-ups** – vision, hearing, thyroid, and heart health all affect memory and learning. Early support makes a difference.

🌈 With love, structure, and healthy habits, families can help **delay the onset of Alzheimer's symptoms** and give their loved one a fulfilling, connected life.

💡 **Tip for caregivers:** Start small, add one new routine at a time. Even joyful habits, like a nightly walk together, can build long-term benefits.



Now is a good time for **YOU** to use your ChatGPT skills. Here is a sample Prompt that you can put into ChatGPT to find resources in your community and national resources.

A sample Prompt might be:

I am raising a child with Down Syndrome. Please provide supportive and practical strategies for daily life, therapies, and education. Also, recommend helpful questions I might not think to ask my child's doctors, teachers, or support team. Finally, give me a list of local and national resources to help raise my child.

Raising a Child with Down Syndrome – Key Resources

- *National Down Syndrome Society (NDSS) – Guides, advocacy, and local connections: [ndss.org](https://www.ndss.org)*
- *Down Syndrome Diagnosis Network (DSDN) – Parent groups, mentorship, and support from birth onward: [dsdiagnosisnetwork.org](https://www.dsdiagnosisnetwork.org)*
- *National Down Syndrome Congress (NDSC) – “Ages & Stages” resources and family support: [ndscenter.org](https://www.ndscenter.org)*
- *GiGi's Playhouse – Free programs and community centers nationwide: [gigisplayhouse.org](https://www.gigisplayhouse.org)*
- *Early Intervention – Contact your state's Early Intervention program for therapy and developmental services.*

ChatGPT is the source that just keeps on giving. After finishing the list of Key Resources, it then created a list of other prompt suggestions.

Prompts You Could Use to Learn More

- “What local Down Syndrome resources are in Los Angeles / Santa Monica?”
- “What therapies are most helpful in the first 3 years?”
- “How do I prepare for my child's Individualized Education Plan (IEP)?”
- “What medical screenings are important for children with Down Syndrome?”
- “What financial or legal planning should families consider long term?”