



ADULTING 101

A Cohort-Based Experiential Series to Empower Teens with Down Syndrome



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BACKGROUND & AIM

Adolescents with Down syndrome often have limited access to structured programs that support the transition to adulthood. Community-based opportunities are needed to promote independence, self-advocacy, and social connection.

Aim: To design, implement, and evaluate a cohort-based experiential educational series focused on adult skill development for adolescents with Down syndrome.

Sessions

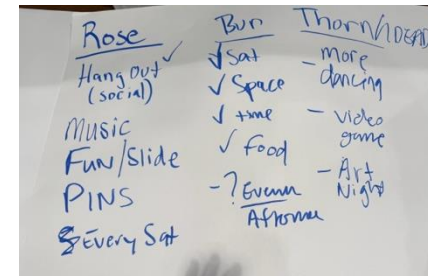
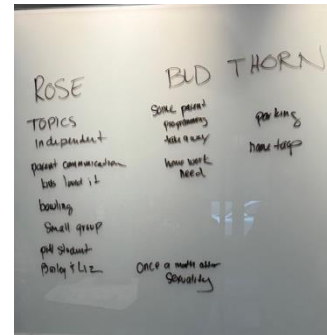
- Community building
- Social Skills
- Healthy Living
- Emotional Management
- Self Advocacy
- Employment

Methods

Seven adolescents with Down syndrome (ages 13–18) participated in a six-session experiential learning curriculum.



Program evaluation utilized the **Rose-Bud-Thorn** human-centered design framework through participant and parent feedback sessions.



Results and Conclusion

Perspectives

Parents: Highlighted strong social connection and facilitator quality. Noted needs for sexuality education and concurrent parent programming.

Participants: Valued consistent weekly engagement and interactive learning.

Conclusion

This pilot demonstrates the feasibility and acceptability of a collaborative, experiential model to support transition readiness. Future iterations will expand accessibility and integrate parent programming.



Future Plans

Monthly Series:

- Nutrition
- Relationships & Dating
- Physical Fitness
- Financial Literacy
- Advocacy

