Matthew and I attended the conference in AZ and had a wonderful experience seeing old friends that had moved away years ago that were also at the conference. Matt attended breakout sessions that included Mental Wellness, created a one-page profile about his likes/dislikes, which he was able to bring home. He did a session on Discovering your Inner Actor with Theater Games, which he thoroughly enjoyed. He also completed a movement for sports and my story/my elevator speech. Matt loves to dance so he really enjoyed the dance on Friday night, which had different screen videos that everyone could dance along. We both enjoyed the banquet on Saturday night. On Sunday, he was one of the first to perform in the Talent Show and did a great job dancing to a Luke Bryan song.

I went to very interesting sessions that related to Matt’s needs. I attended the session on Down Syndrome and the effect on feet, which was very helpful. I went to the Alzheimer’s Disease and Down Syndrome, which was helpful but also very daunting. It appears that the likelihood of people with Down Syndrome getting Alzheimer’s is almost inevitable if they live long enough. I attended a session on the Life Experience and Feeling Study, which gave me some ideas to discuss with Matt’s primary doctor about anxiety. I attended a session on Health, the common and uncommon issues with Down Syndrome. I attended a session on healthy diet that helped put things in prospective on how to help my brother with trying to choose better food options. I felt like the conference was very well organized and I liked the application that was developed to be able to access the PowerPoints. The speakers were all top notch and well trained. Thank you for approving us to attend this very informative conference. They do a good job of covering the whole spectrum for birth to old age.