

Extraordinary Visits

To the Vanderbilt Children's Down Syndrome Clinic



Parents often ask lots of questions about their very first visit to the Vanderbilt Children's Down Syndrome Clinic. Thanks to some extraordinary parents, DSAMT has compiled this list of Q&As.

- 1 So what can I expect at the appointment?** For first time visitors, you will sign in at the registration desk. When called back, a nurse will take some information from you and weigh and measure your baby/child and may take some vital signs. Then, you'll go to an exam room, where you'll likely stay for the duration of your visit. The providers come to you, reducing stress on you and your child. There are usually (but not always) a few minutes or so between providers, but if you need to feed or pump, you are able to do so in the room with privacy.
- 2 How long will we be there?** The amount of time you will spend at the clinic will vary, based on the number of providers you are seeing and length of time you spend with each. Vanderbilt works hard to minimize wait time, but appointments can be one to four hours. It's best to check in with the clinic in advance to confirm you will be seeing all the providers you want to see.
- 3 What should I bring?** This appointment is for you and your baby or child, and it could be lengthy or even overwhelming, so bring whatever you need to be comfortable, e.g. bottles, breast pump, snacks, diapers, change of clothes, blanket for baby, ipad, toys, etc. It may even be helpful to bring someone with you, so you can focus on your questions and the information the providers give you.

We recommend you write down any questions you have before you come and bring those, as it is so easy to forget once you are there. You may also want to familiarize yourself with the Academy of Pediatrics Guidelines for the Treatment of Down Syndrome for your child's age (<https://www.somethingextra.org/resources/health/>).

Vanderbilt asks that you bring insurance cards, copies of medical information, co-pay, IFSP/IEP (if applicable), stroller or wheelchair (if needed), toys or activities (items that will help make time fly for your child), formula and diapers (if needed)

- 4 Does the clinic coordinate with my pediatrician?** Yes, the clinic should provide a summary of your visit to your pediatrician if you request it or if your pediatrician made the referral.
- 5 More information on the Vanderbilt Down Syndrome Clinic can be found at these links:**
<https://www.childrenshospitalvanderbilt.org/patient-education/down-syndrome-clinic-faq>
<https://www.childrenshospitalvanderbilt.org/patient-education/your-visit-down-syndrome-clinic>
Please note that the clinic is no longer located within the Children's Hospital. It is now located at 2416 21st Avenue South, Suite 300, Nashville, TN 37212
- 6 Which providers will I see?** You can choose to see: Developmental pediatrician, physical therapy, occupational therapy, speech therapy (who can address feeding concerns as well), behavior, and nutrition. Be aware that each provider bills insurance separately, so you will likely receive multiple invoices, instead of just one.



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