

**#45 John McCain Chooses Sarah Palin as VP Running Mate (who has a child with Down syndrome)**

Dearest Advocates:

As many of you are already aware, John McCain announced today that Sarah Palin will be his vice presidential running mate. I don't want to get into any political discussions on this newsletter but I do want to reinforce the need to help educate the community and media of the need for "People First Language" as we discuss all individuals with disabilities. Governor Sarah Palin is the proud parent to her son, Trig- who happens to have Down syndrome.

I was also prenatally diagnosed at 18 weeks of pregnancy that Jacob had Down syndrome, excess water on the brain and a severe heart defect. We did not know if he was going to live through pregnancy. He has been such a blessing to not only our family but to the thousands that have encountered him in his short 8 yrs on this world.

Jacob is my inspiration- I wish more people in the world were like him than not! He is a true blessing and I am very proud of everything he has accomplished. He is my motivation to continue forward with my advocacy efforts to not only help him but the hundreds of thousands of children that are in this world with disabilities.

**WE must speak up for all our children with disabilities- now more than ever!**

Personally, I know many of you feel the same way about your child with disabilities. Let's continue to work with the media to **educate** them regarding our children with disabilities and **about their potential - given the right resources, love and support!**

For those that don't understand the importance of people first language, please click here: <http://ftp.disabilityisnatural.com/documents/PFL-Sh.pdf>

For more information regarding this very important news topic see below:

From The Wall Street Journal:  
[http://online.wsj.com/article/SB121993453813079803.html?mod=googlenews\\_wsj](http://online.wsj.com/article/SB121993453813079803.html?mod=googlenews_wsj)

From the Associated Press:  
<http://ap.google.com/article/ALeqM5jihHrCRRZzC-rvT1HKiq81CPPoiQD92S3NMO0>

From Anchorage Daily News:  
<http://www.adn.com/626/story/382864.html>

***United... We Will Make A Difference!***

Sincerely, Heidi

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## **Press Release from NDSS and NDSC on Sarah Palin chosen as VP Running Mate:**

**To:** NDSC Members and Affiliated Parent Groups

**From:** NDSC Center

**Date:** August 29, 2008

As it became apparent that John McCain would choose Sarah Palin as his vice presidential running mate, the NDSC and NDSS began working together to address the media and their language use in discussing Governor Palin's son with Down syndrome. Below is the release drafted and sent this morning. We'd like to encourage you to use this with your local media as well. We will continue to respond to the media as warranted as the campaign continues.

FOR IMMEDIATE RELEASE

Contact: Sarah Schleider  
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**Governor Sarah Palin** of Alaska has been selected as **John McCain's** choice for Vice Presidential nominee of the Republican Party. Governor **Sarah Palin** recently gave birth to her son who has Down syndrome. The Palins knew before their son's birth that he would have Down syndrome.

Below are tips for the proper use of language for 'Down syndrome'. The National Down Syndrome Society and the National Down Syndrome Congress encourages all media to use the below language:

- Down vs. Down's. NDSS and NDSC use the preferred spelling, Down syndrome, rather than Down's syndrome. While Down syndrome is listed in many dictionaries with both popular spellings (with or without an apostrophe s), the preferred usage in the United States is Down syndrome. This is because an "apostrophe s" connotes ownership or possession. Down syndrome is named for the English physician John Langdon Down, who characterized the condition, but did not have it. The AP Stylebook recommends using "Down syndrome" as well.
- People with Down syndrome should always be referred to as people first. Instead of "a Down syndrome child," it should be "a child with Down syndrome." Also avoid "Down's child" and describing the condition as "Down's," as in, "He has Down's."
- Down syndrome is a condition or a syndrome, not a disease.

- People “have” Down syndrome, they do not “suffer from” it and are not “afflicted by” it.
- It is clinically acceptable to say “mental retardation,” but you may want to use the more socially acceptable “cognitive disability” or “cognitive impairment.”

## **Down Syndrome Myths and Truths**

**Myth: Down syndrome is a rare genetic disorder.**

**Truth:** Down syndrome is the most commonly occurring genetic condition. One in every 733 live births is a child with Down syndrome, representing approximately 5,000 births per year in the United States alone. Today, more than 400,000 people in the United States have Down syndrome.

**Myth: People with Down syndrome have a short life span.**

**Truth:** Life expectancy for individuals with Down syndrome has increased dramatically in recent years, with the average life expectancy approaching that of peers without Down syndrome.

**Myth: Most children with Down syndrome are born to older parents.**

**Truth:** Most children with Down syndrome are born to women younger than 35-years-old simply because younger women have more children. However, the incidence of births of children with Down syndrome increases with the age of the mother.

**Myth: People with Down syndrome are severely “retarded.”**

**Truth:** Most people with Down syndrome have IQs that fall in the mild to moderate range of intellectual disability (formerly known as “retardation”). Children with Down syndrome fully participate in public and private educational programs. Educators and researchers are still discovering the full educational potential of people with Down syndrome.

**Myth: Most people with Down syndrome are institutionalized.**

**Truth:** Today people with Down syndrome live at home with their families and are active participants in the educational, vocational, social, and recreational activities of the community. They are integrated into the regular education system and take part in sports, camping, music, art programs and all the other activities of their communities. People with Down syndrome are valued members of their families and their communities, contributing to society in a variety of ways.

**Myth: Parents will not find community support in bringing up their child with Down syndrome.**

**Truth:** In almost every community of the United States there are parent support groups and other community organizations directly involved in providing services to families of individuals with Down syndrome.

**Myth: Children with Down syndrome must be placed in segregated special education programs.**

**Truth:** Children with Down syndrome have been included in regular academic classrooms in schools across the country. In some instances they are integrated into specific courses, while in other situations students are fully included in the regular classroom for all subjects. The current trend in education is for full inclusion in the social and educational life of the community. Increasingly, individuals with Down syndrome graduate from high school with regular diplomas, participate in post-secondary academic and college experiences and, in some cases, receive college degrees.

**Myth: Adults with Down syndrome are unemployable.**

**Truth:** Businesses are seeking young adults with Down syndrome for a variety of positions. They are being employed in small- and medium-sized offices: by banks, corporations, nursing homes, hotels and restaurants. They work in the music and entertainment industry, in clerical positions, childcare, the sports field and in the computer industry. People with Down syndrome bring to their jobs enthusiasm, reliability and dedication.

**Myth: People with Down syndrome are always happy.**

**Truth:** People with Down syndrome have feelings just like everyone else in the population. They experience the full range of emotions. They respond to positive expressions of friendship and they are hurt and upset by inconsiderate behavior.

**Myth: Adults with Down syndrome are unable to form close interpersonal relationships leading to marriage.**

**Truth:** People with Down syndrome date, socialize, form ongoing relationships and marry.

**Myth: Down syndrome can never be cured.**

**Truth:** Research on Down syndrome is making great strides in identifying the genes on chromosome 21 that cause the characteristics of Down syndrome. Scientists now feel strongly that it will be possible to improve, correct or prevent many of the problems associated with Down syndrome in the future.

For more information visit: [www.ndss.org](http://www.ndss.org) or [www.ndscenter.org](http://www.ndscenter.org)