

MEET:CHLOE PHILLIPS



**MANHEIM,
PENNSYLVANIA**

**26 YEARS
OLD**

**BOWLING
SNOWSHOE
SWIM**

**CHLOE PHILLIPS: NAVIGATING
ANXIETY AND ADVOCATING FOR
RESEARCH**



Chloe, 26, is an active and independent woman from Manheim, Pennsylvania. She lives with her parents and enjoys a full life while staying involved in her community. She works remotely with the Special Olympics and has two part-time jobs as a cleaner, one at the Lancaster YMCA and another in her hometown. Chloe has a busy schedule consisting of training for triathlons and competing in Special Olympics events like bowling, snowshoeing, and swimming. Her passion for fitness led her to attend a para-endurance camp in Austin, Texas, where she earned a medal for her efforts.

Chloe starts each day with gratitude and purpose, balancing work, fitness, and community involvement. She trains hard for athletic events, including sprint triathlons, which she finds both challenging and rewarding. At home, cooking and listening to music are activities that help her relax and manage anxiety.

With her mother's support, Chloe ensures her health needs are met through regular medical and dental appointments. Her therapy sessions and medications have helped her manage anxiety and address past challenges with disordered eating. Chloe takes charge of her health and has achieved major goals, like losing over 21 pounds, through hard work and discipline. Her warmth and energy inspire others, making her a loved and valued part of her family and community.

Chloe's health journey shows her positive and active approach to well-being. Living with Down syndrome, she relies on her resilience and support from her family. Her health needs include regular therapy sessions to address anxiety, medication management, and routine medical check-ups. Chloe's primary healthcare provider through Penn Medicine Lancaster General is supportive and understanding, building a great relationship with her and her family.

Chloe strongly believes in the power of motivation and perseverance. She wants others, especially those with Down syndrome, to know that they can overcome challenges and achieve all of their goals with enough determination and support. Chloe's message to policymakers and healthcare providers is that more research is needed on Down syndrome and its impact on individuals. She advocates for better understanding of the genetic and other factors of the condition to improve healthcare outcomes.

Chloe's experiences also highlight the value of treating people with disabilities as capable individuals who can contribute meaningfully to society. She wants doctors and healthcare providers to approach patients with empathy and to create a supportive environment where patients feel valued and understood.

Chloe hopes to inspire others with Down syndrome to set goals, stay active, and engage with their communities. Her journey is a reminder that challenges can be opportunities for growth and that with the right mindset, anything is possible.