



Community services

People with Down syndrome living and working in the community are themselves breaking down the barriers to their involvement, as familiarity leads to acceptance.

DS NSW promotes awareness in the community and in government of the abilities of people with Down syndrome, and their need for support, creating opportunities for full and equal participation, through -

- specialist information and consultation
- Down Syndrome Awareness Week
- information for media
- lobbying government to implement programs of benefit to people with Down syndrome

Down Syndrome NSW is an independent registered charity, established in 1980, and run by families. Membership is by subscription. Call for an application.

The work of Down Syndrome NSW depends upon the generosity of its members and the general public in supporting its fund raising efforts and through donations. Annual funding from the NSW Department of Ageing, Disability and Home Care assists in meeting some costs.

All donations over \$2 are tax deductible.



Down Syndrome NSW

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Patron: Craig Wing



Craig Wing and his sister, Kirsty

Photograph: James Knowler/Newspix



Down Syndrome NSW



Support

Participation

professionals

Information

community



family

What is Down syndrome?

Down syndrome -

- affects people of all ages, races and economic level
- is caused by an extra copy of chromosome 21 in each of the body's cells (Trisomy 21).
- is one of the chromosomal anomalies found in humans, occurring once in approximately every 860 babies
- affects males and females alike
- is one of the known causes of intellectual disability.
- is a chromosomal accident, not caused by anything the parents may have done before or during pregnancy
- is recognisable at birth because of some typical physical characteristics, and diagnosis will be confirmed by chromosome analysis.

People with Down syndrome -

- have some features in common
- also closely resemble their parents and family
- each person is an individual, with a unique appearance, personality and set of abilities

The extent to which each child shows the physical characteristics of the syndrome is no indication of his or her intellectual capacity.



Down Syndrome NSW works to support people with Down syndrome, their families and the communities in which they live, through a range of services and projects



Services for families

- Support and up to date information from diagnosis
- Contact with volunteer parents to support new parents in the early months of adjustment, negotiated on request
- Telephone and personal contact for families
- Regular opportunities to meet with other parents and carers and share experiences
- Statewide seminar and workshop program for parents and other carers
- Referral to appropriate services

Services for professionals

- Inservice education for professionals and service providers in a range of fields
- Specialist information and consultation

Publications and library

- Specialist library of resources on all aspects of Down syndrome
- Quarterly Down Syndrome NSW Newsletter
- Monthly DS NSW Update - events, services
- Informative, well-connected website, visited by 75,000 users per year



Creating Positive Beginnings

Allows the Parent Support Team to

- visit new families on request
- provide inservice education for maternity and early childhood professionals

Jointly funded by the Cecilia Kilkeary Foundation and Down Syndrome NSW

All the Way

Support and information specifically for families and other carers

- of adolescents and adults with DS
- from culturally and linguistically diverse communities
- who live in rural and remote areas of NSW

Jointly funded by NSW Health and Down Syndrome NSW, with the assistance of The Aged Persons Welfare Foundation, for 3 years

Participation

- **Up Club**
A social program enabling young adults with down syndrome to establish and maintain friendships with their peers
- **Up, Up and Away**
An innovative, three year project to develop means of surrounding adults with Down syndrome with the supports they need to establish the lives they want. Development of self-advocacy skills.

Jointly funded by the Foundation for Young Australians and Down Syndrome NSW