



## DOWN SYNDROME NSW PROGRAMS AND SERVICES

*How your donation will help support our community.*

Member Journey Legend:

- Prenatal
- New Families
- Early Years
- Education
- Adolescence
- Adulthood
- Health and Ageing

### ***Information and Support***

Prenatal, New Families, Early Years, Education, Adolescence, Adulthood, Health and Ageing

Each month we are contacted by approx. 80-100 people via phone or email wanting information and support. This is one of our core services that spans all ages and a wide array of topics. We are open Monday-Thursday 9am – 5pm and quite often after hours through our social media platforms.

### ***Parent workshops***

New Families, Early Years

We support young families with regular workshops and social and networking events. We make home and hospital visits to keep you up-to-date with current information and to provide a supportive community for families. So far this year we've run five Better Start Early Days workshops for parents of 0-7 year olds, and have one more workshop in Cronulla before the end of June. We will aim to repeat these Better Start workshops in the next financial year in a variety of locations.

### ***Families Face Book***

Prenatal, New Families, Early Years, Education, Adolescence

Down Syndrome NSW has launched a Family Support Group on Face Book. This is a closed group for NSW parents and family members of children with Down syndrome, or those who are expecting a baby with Down syndrome. The group is mediated by Down Syndrome NSW staff. It was created to encourage peer support, information sharing and to empower families to support each other. As the group membership grows, so will the networks of support in communities, within age groups and areas of interest.

### ***Info seminars***

Early Years, Education, Adolescence, Adulthood, Health and Ageing

We will be running some Estate Planning for Families evening seminars with a lawyer in the second half of the year. There are other topics also being considered for workshops such as key word signing and transition from school.



### **Open Library Sessions**

*New Families, Early Years, Adolescence, Adulthood, health and Ageing*

This month we will be starting regular Open Library sessions in our office at Parramatta. The purpose of these informal get-togethers is to socialise, share information, discuss topics of interest and for staff to offer support and information.

There will initially be two groups:

- Parents/caregivers with family members aged from adolescence to adults on the 4th Thursday of each month, 1-3pm, starting Thursday 30th May.
- Parents of baby/preschool years aged 0-7 on the 2nd Thursday of each month from 1-2.30pm, starting Thursday 13th June.

### **UP!Club**

*Adolescence, Adulthood, health and Ageing*

This is our flagship program for adults with Down syndrome to make peer-to-peer social connections. UP!Clubs run in Sydney CBD, Sydney North, Greater Western Sydney, Sydney South, Hornsby, and Blue Mountains. The social activities are themed around Speak Up, Healthy Me, Participate, Give Back, Create, and Independent Living. We also aim to hold 1-2 camps a year for UP!Club participants. Our most recent camp in March attracted 45 participants and was a huge success!

### **Up, Up & Away**

*New Families, Early Years, Education*

These Up, Up & Away weekend sessions are for children with Down syndrome and their parents and siblings to make social connections. To date they have been primarily located in Parramatta and Liverpool a few times per year. The social activities may include bowling, crafts session, dance sessions and petting farms. As we build staff and volunteer capacity, we will be expanding the locations and frequencies for these groups.

### **Complex behaviour support**

*New Families, Early Years, Education, Adolescence*

We have a social worker on staff who assists families who have a child with Down syndrome demonstrating complex behaviour. Our social worker helps the families and schools with practical strategies to manage the behavioural problems. Some of this service is claimable through NDIS.

### **Employment Opportunities**

*Adolescence, Adulthood, Health and Ageing*

We are facilitating open employment opportunities for people with Down syndrome by engaging directly with employers through our ERA program. We also deliver training workshops to employers and Disability Employment Service (DES) providers so that people with Down syndrome can be better supported in the workplace as they start their new roles. As we build capacity we intend to develop this program across the state.



We are also partnering with Project Etico Australia in support of providing more training and open employment opportunities. Project Etico is a not-for-profit social enterprise providing an integrated approach to employment, training and independent living, for people with intellectual disability. This work is ongoing and of primary importance in supporting our members with Down syndrome in their employment goals.

### **Health Conference**

Early Years, Education, Adolescence, Adulthood, Health and Ageing

We are planning to hold a one-day Health Conference in the second half of 2019 (date TBC). The focus of the conference will be: *Important health implications across the lifespan: challenges of ageing faced by people with Down syndrome*. Although this is a conference on the challenges of ageing (e.g. issues such as early onset dementia), we know this is important information for families to be aware of earlier in life to help prevent some future health complications. We are also hoping to include a session about oral health.

### **Education Conference**

Early Years, Education, Adolescence

Early next year we will host an Education Conference for teachers so they can be better equipped to support children with Down syndrome in their classes. And we also hope to get more schools involved with the Lots of Socks awareness campaign for next March.

### **Julie Cromer Library**

Prenatal, New Families, Early Years, Education, Adolescence, Adulthood, Health and Ageing

Down Syndrome NSW has a significant collection of resources in the Julie Cromer Library Resource Centre, holding approximately 2000 items; books, DVDs, journals, information kits and archival records. These resources can be loaned out to our members.

**Thank you for considering to support our organisation. Your donation will help ensure that no one gets left behind.**



**DOWN SYNDROME NSW CURRENT PROGRAMS AND SERVICES**

<b>Services/Life Stages</b>	<b>Prenatal</b>	<b>New Families</b>	<b>Early Years</b>	<b>Education</b>	<b>Adolescence</b>	<b>Adulthood</b>	<b>Health &amp; Ageing</b>
<b>Information and Support</b>							
<b>Parent Workshops</b>							
<b>Families Face Book</b>							
<b>Info seminars</b>							
<b>Open Library Sessions</b>							
<b>Up, Up &amp; Away</b>							
<b>UP!Club</b>							
<b>Complex behaviour support</b>							
<b>Employment Opportunities (ERA)</b>							
<b>Health Conference</b>							
<b>Education Conference</b>							
<b>Julie Cromer Library</b>							