

E-BROCHURE FOR SSDB 2022



Differently Able

WHO WE ARE

**WE ARE A PRIMARILY SELF-FUNDED
SOCIAL SERVICE ORGANISATION
WITH IPC STATUS**

Early in 1995, a group of parents of children with Down syndrome recognised the need to support and educate families, professionals and the public about Down syndrome. Down Syndrome Association (Singapore) [DSA] was established in 1996, awarded official recognition by National Council of Social Services and registered as a charity with the Commissioner of Charities in 1997.

The Association is affiliated to international bodies such as Down Syndrome International (DSI), the Asia-Pacific Down Syndrome Federation (APDSF), Asian Federation of Mental Retardation (AFMR) and the International Association of the Scientific Study of Intellectual Disabilities (IASSID).

DSA organised and hosted the 2nd Asia Pacific Conference on Down syndrome and the 8th World Down Syndrome Congress in Singapore.



**Every child and
adult with Down
syndrome has a
right to a rich and
meaningful life.**

We endeavour to be the centre of excellence for individuals with Down syndrome, their families and the community.

Our mission is to develop individuals with Down syndrome through lifelong learning and social integration; support families through specialist services, information and education; and advocate for equal opportunities, quality of life and their contribution to society.



169
BENEFICIARIES
served in 2021

1
26 YEARS



312
W/Ds
served in 2021



1 in 1,000
LIVE BIRTHS
worldwide





WHAT IS DOWN SYNDROME?

IT IS A GENETIC CONDITION CAUSED BY THE PRESENCE OF AN EXTRA CHROMOSOME 21

This extra genetic material causes learning difficulties and gives rise to medical conditions such as heart or thyroid disorders, and vision or hearing defects.

Down syndrome usually causes varying degrees of intellectual and physical disability and associated medical issues.

Typically, Down syndrome is recognisable at birth, due to the presence of particular physical features such as almond shaped eyes, small ears, flattened facial profile and reduce muscle tone.

They may also face developmental delays and learning difficulties which may include delayed motor skills such as sitting, crawling and walking in fancy; and delayed cognitive skills such as speech and language acquisition. Most children with Down syndrome will learn to walk and talk, just at a slower pace. Persons with Down syndrome may also be able to live independently if given adequate support and encouragement.

Down syndrome is a naturally occurring arrangement, being universally present across racial, gender or socioeconomic lines in approximately 1 in 800 live births.

As of yet it is not known what causes the presence of an extra chromosome 21. It can come from either parent. What we do know is that nothing done before or during pregnancy can cause Down syndrome.

DO NOT SAY

Suffers from OR is a victim of Down syndrome

A Downs baby/person/child

Mentally handicapped/backward/retarded

Disease/illness/handicap/birth defect

Downs (as an abbreviation)

DO SAY

Has Down syndrome

A person/baby/child with Down syndrome or who has Down syndrome

Learning disability or intellectual disability

Condition OR syndrome

DS (as an abbreviation if necessary)

HOW WE SUPPORT

CHILDREN EDUCATION SERVICES

Infant Toddler Program (ITP)

A registered Early Intervention Program with Ministry of Social and Family Development, ITP seeks to coach and mentor parents to better manage and cope with raising infants and toddlers with Down syndrome.

Integration Facilitation Support Program (IFSP)

The IFSP provides support to children with Down syndrome enrolled in mainstream school and kindergartens, and facilitates the willing effort of schools/kindergartens of including children with Down syndrome.

PROGRAMS AND ENRICHMENT

Performing arts. Visual arts. Sports. Literacy and Numeracy.

Programs are specially tailored to benefit persons with Down syndrome and to engage members to develop their talents and passion. It provides opportunities for members to showcase their talents and acquired skills.

A repertoire of classes are available including Fusion Dance, Creative Dance, Drums & Percussion, Speech & Drama, Zumba, Aikido, Bowling and Computer Maths.

ADULT EDUCATION SERVICES

Adult Enhancement Program (AEP)

Targeted at young adults with intellectual disabilities aged 18 years old and above, the AEP is a community integrative learning model which embraces and leverages on the community as a training platform. It is a full-day program that seeks to nurture our clients through Activities of Independent Living (AIL) and Activities of Daily Living (ADL).

Independent Living and Training (ILT) Centre

This preparation program will better position our young adults with necessary life skills to live an independent life in the event that their caregivers are no longer able to provide the necessary care.

FAMILY SUPPORT SERVICES

FSS provide support in areas of legal, medical and advocacy to ensure continuous development for parents/caregivers through various support groups for parents as well as siblings.

RESOURCE CENTRE

A Resource Outlet with books and videos on Down syndrome and related topics, and a Toy Library with toys to enhance development among children with Down syndrome.



WAYS TO SUPPORT US

AWARENESS

Invite us for a sharing session for a better understanding of the Down syndrome community in Singapore. Content covers:

- What is Down syndrome, prevalence, types etc.
- How it affects lives
- How DSA supports persons with Down syndrome
- What you can do to support
- How to interact with persons with Down syndrome

VOLUNTEERING

Organise an activity for persons with Down syndrome to interact and bond with our members. Examples of activities:

- Arts: In conjunction with festive celebrations, Theme-specific craft (e.g. clay-making, origami), Music-related activity (e.g. drum, dance)
- Sports: Zumba, kickboxing etc.
- Educational: Sharing of different cultural practices through games, Educating on nutritional value through sandwich making etc.

FUNDRAISE

Raise funds to support programs for persons with Down syndrome and their families. Ways to raise funds:

- Selling of DSA merchandise
- Creating items to sell
- Run a campaign

RESOURCES

Get updates and follow the progress of our beneficiaries:

- Follow us on Facebook and Instagram @downsyndromesingapore
- Sign up for our quarterly newsletter
- Visit our website



DSA CENTRE

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