

STAYING CONNECTED

Down Syndrome NSW is a registered NDIS service provider. For over two decades our flagship program, UP!Club, has been a successful way for people with Down Syndrome to come together socially to support each other and build their practical life skills.

Under social physical distancing measures placed on the community due to COVID-19, all face to face UP!Club activities have been suspended until further notice.

The fall out from COVID-19 has led to significant changes in the lives of people with Down syndrome. Many have seen their employment cease and daily routines, which are very important to people with Down syndrome, altered. These changes have led to increased feelings of isolation and loneliness, which can increase the risk of mental health problems such as anxiety and depression.

To play our role in supporting our community, Down Syndrome NSW has developed a new program, Staying Connected.

Staying Connected is essentially an online version of UP!Club. All adults with Down syndrome are welcome to participate and, as it is an online platform, people in regional and remote areas, are also able to be involved.

Participants provide ideas for activities that are then made available on a weekly activity program. Activities range from physical activity sessions, such as Tai Chi, aerobics and boot camps, as well as social sessions such as trivia, show and tell, and cooking classes. The sessions aim to address the potential negative health issues by keeping people physically active, as well as mentally stimulated and connected to their peers. The online sessions are also useful for developing group participation skills.

Staying Connected sessions are held via Zoom and Down Syndrome NSW can offer support in helping to access the sessions where training is required.

The service cost for attending a Staying Connected session is in-line with the current NDIA Support Catalogue including the updated provisions for TTP (Temporary Transformation Payment) and COVID-19.

EXAMPLE: *Monday Coffee Club 10:00AM – 11:00AM*

Cost: 1 hour x \$25.83

NDIA Support Item: 04_120_0136_6_1_T

Group based activities, assistance with social and community participation

If you would like further information about Staying Connected please contact Ryan Blunden at Down Syndrome NSW on 0437 762 480 or ryan.blunden@dsansw.org.au