



## New DSA Resources

### Helping you be part of your community

This article is from Down Syndrome Australia's Voice magazine, August 2018.



It is about some **resources** that DSA has produced.

The resources include fact sheets, booklets and videos.



We have written this article in an easy to read way.



You can get help to read it.



People with Down syndrome want to be part of their community for the same reasons other people do.



They want to get to know people, have fun, have a job, play sport, and get involved in community activities.

They want to be able to use the same services as everyone else.

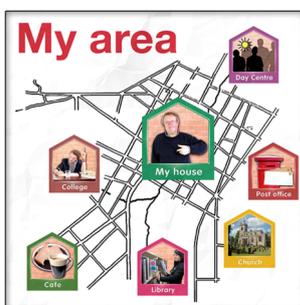


People with Down syndrome also want to use their skills and be welcomed and appreciated by other people.



But people with Down syndrome sometimes find it is hard to get into ordinary community activities and use ordinary services.

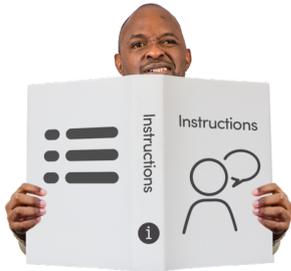
They might not be allowed to join a club or activity. Sometimes they don't get good support to take part or to use a service.



Community activities and services includes schools, health services, workplaces, sporting groups, clubs and all other places where other people go.



Community organisations and services told DSA they want to include people with Down syndrome.

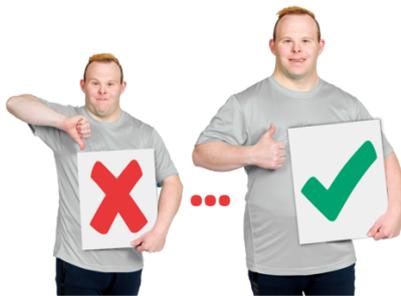


But they said they need information on how to do it properly.

People with Down syndrome and their families also told DSA they need information to help at different stages of life.



So DSA worked together with people, their families and organisations to make the resources.



The resources show how to give good support to people with Down syndrome.

They also show community organisations and services how to be better at including people with Down syndrome.



The resources include booklets, videos and fact sheets.

There are some stories about people with Down syndrome that show good examples of how to support people to be included.

### Social inclusion using sport as the medium

Sport Inclusion Australia (SIA) is a national not-for-profit organisation that provides support and resources to people with an intellectual disability to participate in sport and recreation. SIA is a member organisation of the Australian Sports Commission (ASC) and is a member of the Australian Paralympic Committee (APC). SIA is a member of the Australian Sports Commission (ASC) and is a member of the Australian Paralympic Committee (APC). SIA is a member of the Australian Sports Commission (ASC) and is a member of the Australian Paralympic Committee (APC).

While athletes with Down syndrome do not have the intellectual disability classification and are able to compete for international sporting events, they do have the same physical disability classification as people with Down syndrome. SIA provides support and resources to people with Down syndrome to participate in sport and recreation. SIA is a member of the Australian Sports Commission (ASC) and is a member of the Australian Paralympic Committee (APC).

In the past few years, SIA has conducted research into the experiences of people with Down syndrome who participate in sport and recreation. SIA has found that people with Down syndrome who participate in sport and recreation are more likely to be physically active and have better mental health. SIA is a member of the Australian Sports Commission (ASC) and is a member of the Australian Paralympic Committee (APC).



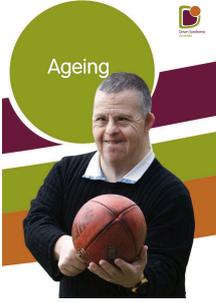
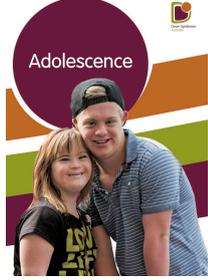
There are resources for community group leaders, health professionals, teachers, employers and others.



There are resources for people with Down syndrome and their families.

This includes information about

- Different stages of life – baby to old age
- Going to school
- Going to work
- Living independently
- Keeping healthy



And lots more.



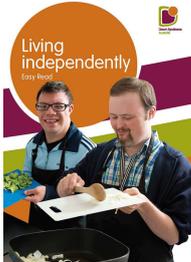
People can download all the resources from the DSA website to read or watch and they can share them with other people.



Organisations can use the resources to do training.



DSA has made some of the resources in Easy Read.



**Living Independently** - this will help you to think about how and where you want to live and to be more independent.



**A Guide for Employees** - this has information to help you to be ready to work and find a job.

We will be making more Easy Read resources.



The NDIS gave DSA the money to make the resources.



You can download all the resources from the DSA website here:

<https://www.downsyndrome.org.au/resources.html>