voice

Housing and Living

Down Syndrome Australia

July 2025

Artwork by Callum.
Read his story on page 20.

Down Syndrome
Australia

Supporting positive change for our community

As non-profit organisations, Down Syndrome Australia and its members are dedicated to supporting, informing and advocating for the needs of people with Down syndrome and their families across Australia.

Our teams work diligently to support people with Down syndrome through developing resources, advocating for positive change, engaging with the community and implementing innovative programs focused on creating an inclusive future for all.

Your ongoing support enables us to continue with this important work and together, shape the future for people with Down syndrome throughout Australia and beyond.

Your donations help us make a real difference.

All donations, no matter the amount, help us to continue our important work.

To make a donation, scan the QR code or visit:

www.downsyndrome.org.au/get-involved/donate/

All donations over $2 are tax deductible.

Editorial

Hi everyone,

I hope this finds you well.

We have had fun putting together this issue of *Voice* for you.

It's all about the choices we make when we're adults about where we want to live and who we want to live with.

We were lucky to speak with many awesome people around Australia, who opened their doors, showed us their homes, and told us what they love about living in them.

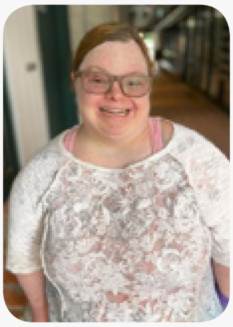
A big thank you to everyone who shared their stories and experiences of housing and living with us.

It's been inspiring to see the different ways you have chosen to live.

There's also lots of great resources in this issue about your rights at home, the funding opportunities for living that are available through the National Disability Insurance Scheme, and how you can access support to help make big decisions.

We hope you enjoy this issue of *Voice*.

Nathan



> I can do whatever I want! I like watching movies in the loungeroom and just relaxing in my own space. It's the best feeling in the world.

Pip – Read more of her story on page 10.

In this issue...

Getting to know our DSA board members

Message from the CEO

I am delighted to introduce the latest issue of *Voice*, our bi-annual journal dedicated to sharing insights, stories, and resources with the Down syndrome community. This edition focuses on a topic of importance to many in our community: housing and living for people with Down syndrome.

Finding the right living arrangement is a significant step towards independence and quality of life. In this issue, we explore the various housing options available, and how to make informed decisions that best suit your needs and preferences. Whether you are considering living independently, with housemates, or in a supported living environment, this issue contains information to guide you through this journey. We also provide an overview of the various funding options available to help navigate this often complex area.

Many people choose to live with housemates in a shared living environment of some type. Living with housemates can be a rewarding experience, but it also comes with its own set of challenges. Our tips for getting along with housemates offer practical advice to help create a positive and successful home environment.

We know that accessing your preferred living option is not easy and that compromises sometimes have to be made, but in reading this issue we ask that you dream big and consider what might be possible.

To understand the possibilities, we are thrilled to share a collection of personal stories of people's experiences of different living arrangements. These stories highlight the joys, challenges, and unique experiences of each individual, offering inspiration and valuable insights for others on a similar journey.

I hope you find this issue of *Voice* both informative and inspiring. Our goal is to empower you with the knowledge and resources needed to make the best decisions for your housing and living arrangements.

As always, we welcome your feedback. We'd especially love you to complete the survey in this issue to share your thoughts on what you'd like to see in *Voice*.

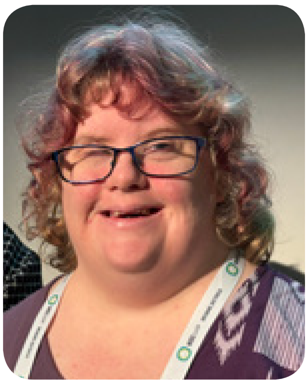
Warm regards,

Darryl Steff
CEO DSA

Scan the QR code to take part in the *Voice* journal reader survey and go in the draw to win one of two $100 vouchers.

https://qrcodes.at/Voicesurvey

DSAN update



Recently, I presented to the board about some changes at the Down Syndrome Advisory Network (DSAN).

We have a new purpose. It is to help Down Syndrome Australia to be the leading voice for people with Down syndrome in Australia.

We work on two main things:

1. Building our leadership and advocacy skills
2. Giving advice to Down Syndrome Australia on six key advocacy areas.

The six key advocacy areas are:

- prenatal
- health
- NDIS
- education
- employment
- migration.

The first two we will work on as a team are employment and education.

Our meetings are now twice a month, still on a Thursday. They used to be one hour and are now one hour and 30 minutes.

As members of the DSAN, we will no longer be volunteers. We will have a job with DSA and be paid for six hours of work every month.

Another good thing is that we will now provide a report from the DSAN to the DSA board. Previously one of the members reported on the DSA board meetings to the group, but there wasn't any reporting back the other way. Now there is.

At the board meeting, a DSAN member will present a report on what the group has been doing and ask for any feedback to take back to them.

DSAN will also work more closely with the DSA advocacy and marketing teams.

One job we have already had to do was review an inclusion policy document for staff. We had to read the document and if there was something we didn't understand, we've highlighted it so they could change it.

We have only had one meeting so far since the changes. I think the changes are good. There might be more work but it's great we are getting paid as employees.

My goals with the DSAN are to meet new people, learn about the advocacy areas, and help people with Down syndrome.

It's really important that everyone turns up to the meetings and is on time, and takes turns talking. It's also important to come well-prepared with notes and ideas to work as a team.

Lisa Tiernan
Queensland DSAN member

Housing and living options – Easy Read

When we are children, we usually live with our family. They look after us until we are grown up.

When you are an adult you can think about moving out and living somewhere else. As an adult, you have the right to choose the way you want to live.

First of all, do you want to move out? If you do, there are lots of things to think about.

Choosing where to live

Here are some questions to help you think about where you want to live.

- Do you want to live near your family?
- Do you want to live near your activities? This could be work, where you study, your gym, the pool, cafés and other places you go to a lot.
- Do you want to live near transport, such as buses or trains?
- What else is important to where you want to live?

It is important to make sure that you have enough money to live the way you want.

Choosing who to live with

You could stay with your family. This might make you feel more relaxed and supported, plus it doesn't cost much and you have people to help you.

You could live by yourself. This is a great choice if you want your own space, freedom and privacy.

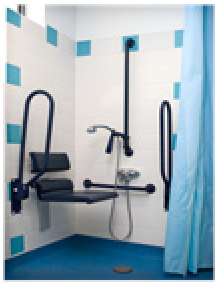
You could live with a friend, or a few friends. This gives you independence while being around people you like and have fun with.

You could live with people you haven't met before in a group housing arrangement. This might be a way to meet new people and have fun while having a team of support staff.

Other things to think about

How much will it cost to live the way you want? You need to think about things like rent and paying bills.

What support do you need to look after yourself and keep your home and garden clean and tidy?



What do you need to have in your home? Some people need an accessible bathroom and some people need an area outside that they can sit and spend time in.

You can also think about what furniture you need, and what things you'd like to have in your home to make it fun.

Make a plan

Think about where and how you want to live and start to make a plan. Share these notes with a family member, carer or friend so they can help you make your plan possible.

Supported decision making and independent living

By Liz Milbourne

Everyone has the right to make their own decision about their living arrangements. Appropriate support can significantly assist the person in their decision whether to make the big step to living independently.

Supported decision making means helping someone take steps to make their own decisions. It places that person at the centre of the decision. DSA has some excellent material: **Supported decision making and Down syndrome** explains what supported decision making is and how family, professionals and other supporters can effectively assist the person with Down syndrome make the decision that is right for them.

Not everyone wants to move out of home. Timing can be really important. Many people choose to wait until they feel ready to make the move out of home. It can take quite a bit of time thinking about moving out of home and supported decision making can be used to work out:

- Where does the person want to live?
- Does the person want to live alone?
- Does the person want to live with someone and who might that person be?
- In your home, how will the support arrangements be managed (e.g., assistance from parents, or visits from a paid support worker)?

After moving out of home, supported decision making can be used to work out:

- What sort of furniture does the person want to have in their house?
- What food will the person buy and what will they cook?
- What time will the person go to bed to make sure they get enough sleep?
- Who will be let into the home (friends, family, support people)?
- How the person will stay safe when they are at home.

The supporters will probably stay involved after the person has made the move out of home. Often an informal network meets with the person on a regular basis to support the person in making sure that independent life is running smoothly.

Down Syndrome Australia: Supported Decision Making and Down Syndrome (**https://www.downsyndrome.org.au/wp-content/uploads/2020/02/DSASupporteddecisionmakingforwebsite.pdf)**

“It feels like paradise”

Pip’s journey to independent living

By Bradley Cresswell-Lee

When Pip moved into her new apartment, she felt something she hadn't felt in a long time: complete freedom. "It feels like it's my freedom," Pip says, beaming. "I can do whatever I want! I like watching movies in the loungeroom and just relaxing in my own space. It's the best feeling in the world."

Pip is one of many adults with Down syndrome taking bold steps toward independence. After an 18-month wait, she moved into a beautifully designed, socially connected apartment block developed by Nightingale—a community-first housing initiative. Her story is one of pride, resilience, and the deep joy of living life on her own terms.

From dream to reality

Pip's journey to independent living wasn't an overnight decision. While waiting for her new home, she rented a small apartment and lived with housemates. Pip was more than ready to say goodbye to both family and housemates and say hello to living on her own.

During the lead-up, Nightingale made sure all future residents were part of the process. Pip and her family attended regular meetings and even had the chance to watch the demolition of the old factory that once stood on the site. On opening night, they took part in a powerful smoking ceremony led by the Traditional Custodians of the land.

"We got to know our neighbours before moving in," Pip says. "They're all friendly and lovely. I love getting to know them."

Life on her terms

For Pip, independence means more than just a set of keys. "It means I can mingle with my neighbours, make my own choices and meet new people."

"Each day is like a blank canvas," Pip says poetically. "When I wake up, I add colour to it with every activity I do and everywhere I go. Then at night when I go to bed, the canvas goes blank, ready for a new day." Pip works at PowerCor as a connections officer and spends her free time writing songs and spending time with her partner and neighbours. Recently she helped out as a runner on her neighbour's short film. "It's like a little family in our building," she says. "We have events all the time that get posted on the Community Notice Board downstairs."

Support and strength

While Pip lives independently, she's not alone. She receives support from her parents and a few support workers. A family friend helps with cleaning once a fortnight, and Pip independently budgets and organises her meals for the week. "I do a meal plan, send it to Mum and then on Fridays my support worker and I do the grocery shopping together."

The current cost of living crisis is affecting many Australians. Pip says she understands the importance of managing money and making a plan. "If you want to live by yourself, make sure you talk to your parents about what you want. Communication is important. Be honest about your life and how you feel. It's hard at first and money is always needed but if you have the support you can do anything."

Learning and growth

Like all of us, Pip has had a few learning moments. One in particular stands out. "I wrapped a bowl in foil and put it in the microwave. It turned into a fire! I didn't know foil couldn't go in the microwave. It was scary but my neighbours helped me! I got a new microwave and I'll never do that again." Despite the mishap, Pip's pride in how far she's come is clear. "I'm proud of being able to do activities I want to do, make my own choices and catch public transport on my own."

A place to call home

When asked what she'd say to the people who build Community Housing, Pip doesn't hesitate. "I see people living on the streets. Sitting in front of grocery stores in the cold. They don't have a home, they don't have anywhere to go. Everyone deserves a place to call home. It's important people have a home so they can feel safe."

Pip says she hopes to stay in her apartment "for a very long time 100%" and that the memory of her first night "felt like paradise."

Final words

Pip's story is a powerful reminder that independence is not just about where you live. It's about dignity, choice and belonging. In the face of long waitlists and growing housing pressure, she stands as proof of what's possible when community, support and determination come together.

Housing and living funding

Funding for housing and support in your home can be very complex. In this article we will explain funding that is available through the National Disability Insurance Scheme (NDIS). We will explain the funding that is available for long term housing, not short term or respite housing.

By Jessie Spence

Deciding where you want to live, if you want to live with people or alone and what kind of support you will need in your home is a big decision!

It is a good idea to get support from a trusted person like a family member and a person with experience in home and living funding such as your support coordinator.

In general, the NDIS separates funding for your physical bricks and mortar home, and the support that you need in your home.

Your home

There are two main options for the physical home that you will live in. It is important to note that the NDIS will only fund SDA housing, not mainstream.

① Specialist Disability Accommodation (SDA)

SDA is a house, apartment or other type of home that has been designed for people who need a lot of support. This could include wide doorways, a hoist in the bathroom or strong walls that won't get damaged easily.

The NDIA says that for people to be funded for SDA, they must have an extreme functional impairment or very high support needs. Only about 6% of NDIS participants are eligible for SDA, so you will need to ask your support coordinator if you may be eligible for this.

② Mainstream housing

Most people with disability live in what the NDIS call mainstream housing. This can include a privately owned home, a rented home or community or public housing. This type of housing cannot be funded through your NDIS plan. If you need financial support to pay for housing but are not eligible for SDA, there are other payments available through Services Australia or your local community housing organisation.

Home improvements

The NDIS will sometimes fund smaller changes or add-ons to your home that can help you be safer to more independent in your home. These include:

- **Home Modifications** are changes or updates to make you home easier and safer for you to use, for example installing a ramp to your front door.
- **Assistive Technology** includes tools and devices that assist you to be safe and live more independently, for example, alert buttons in your home to help you call for support in an emergency.

> “Every person with Down syndrome who wants to change their home is going to have different needs, wants and goals for their life.”

Support in your home

The NDIS funds supports in your home, which means anything that helps you live safely and manage your routine at home, for example, support workers.

1 Supported Independent Living (SIL)

SIL is funding to help you to be safe and live in your home. This could include things like support workers to be in your home and provide supervision or help you to cook meals. SIL funding cannot be used for things like rent or paying utility bills.

The NDIS says SIL is for people who have higher support needs, which means you need a support person in your home most or all of the day. SIL can be used for many types of housing arrangements, including group homes, living with one or two other people, or living alone.

2 Independent Living Options (ILO)

ILO is funding that supports NDIS participants to live in a variety of ways, including share homes, host families and more. ILO funding can be used to fund more flexible and individual housing arrangements than SIL. NDIS allows you to design and explore what your ILO might look like.

Every person with Down syndrome who wants to change their home is going to have different needs, wants and goals for their life. Because of this, it is important to get good, skilled support to navigate this decision. This might be a trusted support coordinator, a trusted provider, or a housing specialist. For more information, please contact your local State or Territory Down Syndrome Association.

Jessie Spence is the Advocacy and Policy Officer at Down Syndrome Australia. Her role is to influence social and policy change by advocating at a national level for people with Down syndrome.

Q&A

Finding my forever home

Anna Gray shares what she loves and what she has learned about living independently.

Tell us about your home.

My house is awesome. I live in a unit which is near the park, supermarket and gym. The train station is close too, plus there is a bus which I can catch to a big shopping centre where I love to get sushi and coffee. It is also close to my work at the hospital. I have a backyard where I do yoga and my dog can run around.

How long have you lived there?

I have lived in my unit for almost a year and a half.

What is it like?

It has two bedrooms and a big living room. I like the kitchen because I love cooking and I love making smoothies. The laundry has a dog door. Before I moved in we gave the unit a bit of a makeover and I have lots of pictures and pink is the theme.

Do you live with anyone?

I live with a flatmate rather than a support worker. She is 24 and is pretty quiet. My last flatmate Lily was really fun and we would go out for ice-cream sometimes and have dinner together. Over the last 18 months I have learnt a lot about being thoughtful of the person I am sharing with. I also live with my two-year-old dog Miley. She is a very cute Cavoodle and she keeps me company and I take her for walks.

What's your favourite thing to do at home?

I love listening to my music whilst I am cooking meals that I choose.

How did you make the decision to live independently?

I did a few practices of 1-2 weeks at a time renting Airbnbs in different neighbourhoods with my support worker Marie (the NDIS funded this). I practised skills that I needed to be able to live in my own place. I really liked the feeling of freedom and independence so knew I was ready.

Was it hard at the start?

Yes it was because I realised I had to do everything! I have support workers helping me with shopping, some cooking, washing, learning about safety in my home and cleaning. I am getting used to all this now but it was a lot to start. I missed my family being around, so we have solved this by having family dinners once a week (sometimes at my house), and I stay at my parent's house on a Sunday night. I sleep in my old bedroom and it is really nice to hang with the family. Mum and Dad and my brother and sister drop into my place too.

What are the good things about living independently?

I love my independence and freedom and that means I get to make my own decisions. I get to choose what I want to do in my spare time and what I am going to cook. If I want to go to the park I can, if I want to go to my local coffee shop I can. I love having my friends over too and getting takeaway food sometimes. I have got to know the ladies at the park who bring their dogs too.

What are some of the challenges?

A big one is there is no one to clean up after me and I have to do this myself, but otherwise I am doing very well. Sometimes I get a little bit lonely, but I have my dog and I am a pretty busy person. Sometimes time management is hard and knowing that I need to go to bed. My alarm on my phone helps this.

How do you manage paying bills?

My mum helps sort these, but I have to stick to a budget so there is money left over to pay for these bills. Mum keeps reminding me to turn off my lights and fan because electricity is expensive.

What advice do you have for other people with Down syndrome who might be thinking about living independently?

Really work on your life skills and personal hygiene and start practicing cooking and learning about healthy eating when you are a teenager and making good choices. Have opportunities to stretch your boundaries in a safe way. Having short practices of living independently gave me confidence and the experience of what it would be like. I also learnt about which areas of life skills I needed to work on.

What have you learned about yourself from living independently?

I have learnt that I can make some of my own appointments, like pilates. I am really proud of myself that I can do all of these things and look after my dog too. It has been great for my confidence and I am so happy that I have my forever home.

When housemates click

Georgia Knoll lives in a commission house with Tom. She tells us what she loves about the relationship and what her experiences of group housing have been like over the years.

Tell us where you live and who you live with.

I live in commission house and I love living with Tom and I am supported by Unique Directions. I live in Andergrove in Mackay.

How did you come to meet Tom?

I went to Tom's 20th party with my family, because Tom's mum Wendy was friends with my mum. So Wendy's like, meet my boy, and I relaxed with him. It was a fun party and we danced and stuff and had a bit of a wild night party. That's how we met.

So was Tom living with his parents at the time?

Yeah he was. I was living independently from my mum, but with another company.

Oh right! How long have you lived independently?

From when I was 19. I lived with my ex-boyfriend. Mum turned the garage at the bottom of the garden into a house for us. Then we broke up and I moved into a group housing with Megan and Peter, but with another company. And they weren't great there because they were almost treating me like a princess.

They took over a lot of the tasks. It took over my whole life, so I didn't get to use my skills because they did everything in the house.

So this was a group housing company that was too involved in your daily living?

Yeah. They had healthy guidelines that were off the charts because they didn't understand how I eat as a small person, but then made me a big plate every time, too much. So my health was not good there, and I didn't feel good.

Then mum said, would you like to live with Tom? And I went, yes, please.

Tom's house was already set up. He already had a housemate at the time but she went back to her mum's, which then left space for me.

And how long have you been there now?

Maybe 7, 8 years.

So what works about you and Tom? Why is that a good living arrangement?

Well, because he's quieter and I like his hummings. He's nonverbal. He's got a good sense of humour. We just click.

What do you think are important lessons for living with someone else? What makes a good flatmate?

Well, a good flatmate shares jobs. I do the washing up and Tom dries. We respect each other and look after one another.

Sometimes we cook pizza, sometimes we cook biscuits, some salads and stuff. My favourite would be Spaghetti Bolognese. We cook together and share meals.

Beautiful. Why do you like living independently?

I like it because it makes me busy. Washing, cleaning, everything I have to do.

Sometimes my support worker has to prompt me. I got four support workers at the house that do a roster.

I like the feeling in the house. I have my own art space. There's lots of different rooms for everything.

What do you think Tom likes about you as a flatmate?

Oh, he loves me. Tom is a home bird, completely home on his computer. I get Tom out and he loves it when he's there and he'll join in and have a ball. I can tell he likes me. I'm like his big sister.

He's lucky to have you! How do you pay your bills?

I work at Coffee Club. I have to pay my rent, the bills, meds. Sometimes there's nothing left over. When there is, I like to spend it.

What a nice life you've created for yourself, Georgia.

Yes and I'm famous. I've been telling my story on social media. I was spotted on the TV, on *Sunrise*, with one of my clips.

> Well, a good flatmate shares jobs. I do the washing up and Tom dries. We respect each other and look after one another.

Getting along with your housemate

By Bianca Gill, Joe Dreyfus and Tahlia Dessaix-Mathieson from Hireup

Moving into a house with someone new is a significant step. Whether you're transitioning from your family home or your housemate is adjusting to your new environment, it takes time to get used to each other's habits and routines.

There may be moments of tension or disagreement, but with patience, good communication, and mutual understanding, your home can become a safe and positive space for both of you.

Here are some tips to help make shared living work.

Get to know each other

You and your housemate might share common interests, or you might enjoy different activities. Either way, building a connection can make your home more comfortable.

Consider these ideas:

- **Spend time together:** Set aside time to do something together at home, like having dinner, watching a show, or playing a game. Use this time to listen and ask open questions.

- **Plan joint activities:** Organise an outing together, perhaps trying something your housemate enjoys that is new to you, and vice versa.
- **Meet each other's support networks:** Getting to know each other's close supporters, like family or friends, can strengthen your living arrangement.

Live together respectfully

Everyone deserves to feel at home. That means having a sense of comfort, privacy, and control in your own space. Since everyone's idea of home is different, it's helpful to discuss and agree on how things will work.

Practical tips include:

1. **Establish house rules:** Agree on a few house rules together. Keep it simple, with 5 to 10 key points. For example, you might agree to give at least 24 hours' notice before inviting guests.
2. **Share common areas:** Decide how you'll use shared spaces. You could label fridge shelves or set aside personal areas in the kitchen or bathroom.
3. **Maintain privacy:** Your bedroom is your private space to relax and keep personal items.
4. **Divide responsibilities:** Share the tasks of looking after your home. Even if you have support workers, a clear plan or schedule helps everyone know their role.
5. **Stay connected:** Keep spending time together regularly. It helps maintain a good relationship, even when you have differences.

Solve problems and manage conflict

Disagreements are a normal part of living with someone. The key is to handle them calmly, respectfully, and with a focus on solutions.

Try these approaches:

- **Regular check-ins:** Have housemate meetings, maybe once a month, to talk about what is working well and what could improve. You might ask a support worker or a neutral person to help guide the discussion.
- **Address issues early:** If a problem comes up between meetings, ask for a time to talk. Use "I" statements to describe how you feel. For example, "I feel frustrated when I can't sleep because of loud music."
- **Listen actively:** Let your housemate explain their view. Try to understand where they're coming from.
- **Write down agreements:** If you come to a solution, write it down so you can refer back to it. Make sure both of you follow through.

Living with a housemate takes effort, but it can also be one of the most rewarding ways to grow your independence and build meaningful relationships.

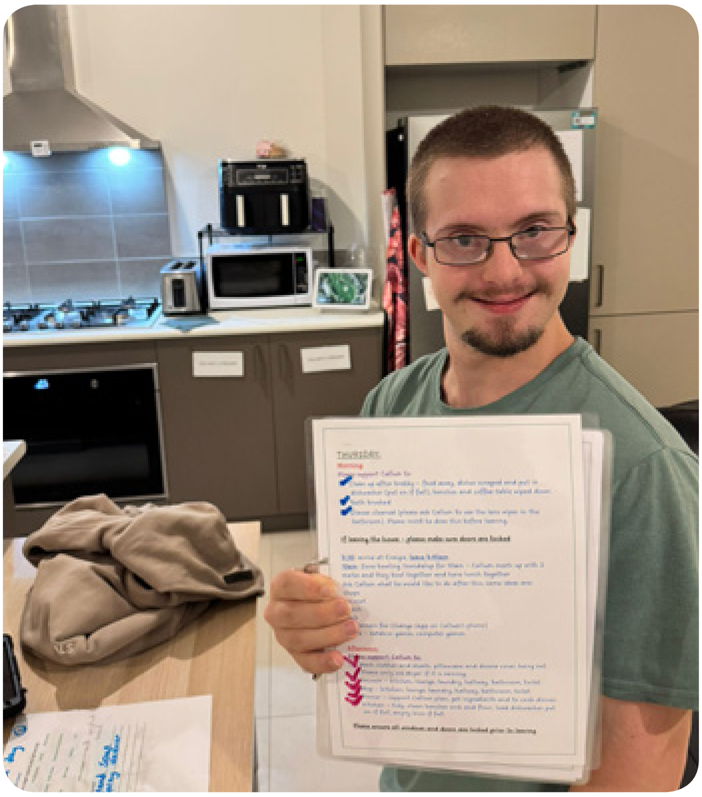
By understanding each other, communicating clearly, and working through challenges together, you can create a shared home that feels safe, fair, and welcoming.

Hireup is an online platform that connects individuals with a disability to support workers, empowering them to find, hire, and manage their own support arrangements. Hireup prioritises choice and control, allowing clients to manage their support on their terms. Hireup holds a vision that everyone can pursue a good life filled with purpose and meaning.

> Everyone deserves to feel at home. That means having a sense of comfort, privacy, and control in your own space.

Callum's journey to independent living

In this article, Tara shares her family's journey to support her 22-year-old son Callum in creating a home and life of his own.



Since finishing school in 2020, Callum has spent the past four years enjoying a variety of community activities and developing his own micro-enterprise, **Creations by Callum**. He sells a number of products that feature prints of his vibrant artworks, including greeting cards, prints, tote bags, tea-towels and coasters.

The idea of Callum living independently was always in mind for Tara and the family. With a professional background in health and occupational therapy, she had seen the benefits that independent living had on other adults with disabilities.

"I could see how independent living was working for them and their families, and the freedom it afforded them to live their lives," she says. "I have always wanted this freedom for Callum".

Tara's work as an OT helped shape the decision-making process of what independent living might look like for Callum.

Her observations of some of the challenges and limitations that can come with group living arrangements led her to the realisation that this would not suit her son.

"Knowing Callum well and knowing, even in familiar places with people he knows and loves, that he can feel overwhelmed and not voice his concerns or wants and needs in those situations helped me see this. I didn't want him to live in a situation where this was the norm".

Callum was involved from the outset in the family's discussions about his future living arrangements.

"We talked to him at length about having his own home, who he might like to live with, what he would like to have in his home and how all of that might work for him," Tara says.

They decided that building a new house was the more suitable and economical option and were eventually able to buy land close to the family home, with good access to public transport and services.

The house design was customised, tailored to Callum's needs, with a three-bedroom layout, one of which has dual access to create a semi-private lounge.

The hope is that one day, a friend of Callum's choosing might move in, and the design would allow each of them to enjoy their own space, while sharing communal areas like the kitchen.

The 12-month period spent building the house gave Tara and the family time to sort out things like furnishings, and work through Callum's support funding. It also allowed time for Callum to build a relationship with the company that would provide most of his support.

"Either way it was going to be a huge financial commitment, but one we were willing and able to meet to give Callum the best opportunity we could provide," Tara says.

As the house neared completion, Callum continued to be as involved as possible.

"He helped with some of the painting, moving and setting up as well as setting up his schedule of supports, including when and who helps, take-away day, work day and time for himself."

The process of Callum moving out of the family home and into the new one was gradual.

As Tara explains, it involved starting with just a few hours living there, then a day, then a sleep-over.

Callum's older brother currently co-resides with him, which Tara says has helped the whole process for him very much.

"Currently, Callum is only there four nights and five days a week while we engage more supports and talk this through with him," she says.

Callum's first year in his new home has been a great success. He is enjoying his independence and freedom to choose his own meals, bedtime and TV shows.

"He really enjoys free time to himself, where he often sings and dances himself into a lather (he's a mean hip-hop dancer), having a cupboard that is just his, and being able to choose all his meals, snacks, drinks etc. It's been better than we ever imagined," Tara says proudly.

Support for Callum includes assistance with community participation, household tasks, and his micro-enterprise.

"He has a schedule that he has chosen, and which gives him opportunities to go to the gym, art classes, social activities (bowling mainly!), support to work at home in his microenterprise and to attend a shop where he sells some of his work as well as markets on weekends at times".

Callum's new home even includes an art studio in the garage, complete with workbenches for screen printing.

The journey to Callum's independent living has been a labour of love for the family. As Tara reflects:

"It's been a big financial commitment, time commitment and emotional commitment for Stu and I and his siblings. We have zero regrets and would choose to do this again if we needed to. Seeing Callum comfortable enough to have his cheeky fun-loving nature really shine again has made absolutely everything worth it, for all of us. I'll be honest, we enjoy having space as well when he is at his house—knowing that he is happy and well supported. It gives me more time for his two younger siblings who still live with us in the family home which I really love as well".

Looking ahead, Tara and the family hope for continued growth in Callum's confidence and independence, but in many ways, he has already achieved what they dreamed for him.

As Tara says, "He has already reached pretty much everything we hoped for him—being happy and comfortable and loving life, fully involved in all of the activities that he has chosen and enjoys".

Making my own rules

Daisy Dimmick recently moved into her own apartment in Perth's southern suburbs. The transition involved a great deal of care from her family. Here, Daisy and her mum Frances talk about the experience of moving out.

Daisy: I like living on my own and being independent. I live in a two-bedroom, two-bathroom apartment in Coburn, 10 minutes up the road from Mum and Dad.

Frances: It's independent living overnight, but during the day she's busy with lots of different activities. Then from 3:30pm to 8pm, there is someone there just to double check, "have we got the right food, have we got our clothes out for the next day? Have we done some exercise?" That sort of extra voice for support.

Daisy: I like to have people around and I also like to have my own time. I have been living on my own since January.

Frances: It was a Mum and Dad decision. We bought this apartment about nine years ago knowing that we wanted Daisy to have a place of her own that no one else could take from her—where she would be comfortable, secure, and have all the supports within reasonable distance. So the train station is across the road. It's a block to the gym, and two blocks to the doctor and library.

Daisy: I moved in at the start of this year. I am 30 and decided this is a good time, a good age for me to live in the apartment.

Frances: We would drive past the apartment often with Daisy and just say, "This is where you'll be living one day. Doesn't it look lovely?" So we gave lots of encouragement, as we had a lot of opposition to begin with. It was just flat out, "I'm not 30, I'm not moving. Not going."

Daisy: Yeah, but now I'm okay to live there.

Frances: Well, she's an independent woman, but the turning point, first of all, was that our son lived in it before Daisy was ready.

Then we did some renovations to it. We renovated the kitchen so that the microwave and the oven are set down low, and that it's wide enough now for a support person and Daisy to be in the kitchen at once. Before it was only a one-person kitchen. Then we renovated her ensuite so that it's got a walk-in shower and a bidet. Then Daisy you decorated your bedroom, didn't you?

Daisy: Really pretty. We put wallpaper with flowers.

Frances: She's glindafying her apartment. That was a turning point. Daisy stayed in the apartment with her support worker instead of going to the gym that day and put all her things where she wanted. So she has ownership of her space and she loved it. Before Daisy moved in, we spent a lot of time doing safety things. Where's the exit? Where's the safety switch for the water? What happens if the electricity goes off? She's made signs for the back of the door saying, "Don't forget to turn off the fan" and "Turn off the lights" and "Lock the door." The fact that she can stay there on her own and not feel scared is a real achievement to both Daisy and the support workers who have put all that groundwork in.

Daisy: I feel safe and like the freedom of being able to watch television and make my own breakfast. My apartment. My rules.

Frances: She doesn't necessarily like parent's rules! She does like to come home and see the dog, Alfie.

In terms of what's been challenging, budgeting for food has been tricky. I send food up once a week, and then it can be all eaten on the first night.

Daisy: That's hard.

Frances: It can be hard, yes. We also need to make better connections with the neighbours. I think if anyone is transitioning, you really need to spend a lot of time in the neighbourhood. Overall, it has been great to see the personal development of Daisy. Our kids have so much potential to do and be as independent and as involved in the community as anyone else. Sure, it's a risk, but if we don't take that risk, what's the long-term eventuality?

Please keep your door closed and locked.

Your rights at home – Easy Read

Every person has human rights. **Human rights** are the rights and freedoms that all people have. It doesn't matter if you have a disability or not, your age or where you live.

In your home you have rights. This includes if you live with your family, with others in a home managed by a provider or alone.

Your rights are:

You have a right to be treated with dignity and respect.

The people in that support you at home should respect your choices and decisions.

You have the right to choose where you live.

You have the right to make decisions about where you live and who you live with.

You have the right to be safe.

Your home should be a place where you are not at risk of harm or made to feel unsafe.

You have the right to make choices about your life.

This could include choices about what your room looks like, how you spend your time and your routine.

You have the right to privacy.

People should knock before they come into private spaces.

You have the right to choose which service you use and to good quality support.

Your service provider should ask you if you are happy with your service and what can be better, and make changes as much as possible.

You have the right to speak to people that you trust.

You should always be able to contact people you trust, on the phone or in person.

You have the right to speak up if you are not happy about your supports.

You can make a complaint and your service provider should take your complaint seriously and take any action to make sure you are safe.

If you are not happy in your home, it is important you speak up. A trusted person like a family member can help you with this.

This could mean talking to the service provider that supports you, or making a complaint to the NDIS Quality and Safeguard Commission on **1800 035 544**.

If you're not sure what to do, you can always call the NDIS Quality and Safeguards Commission or speak to advocacy organisations like your local Down Syndrome Association.

Q&A

Having my own space

Kim Adams tells us about her special unit and making decisions for herself.

Tell us about where you live.

I live in one of ten units built by Project Independence in Phillip, in the ACT. There is a separate common room and a large kitchen which can be used by all the tenants.

How long have you lived there?

I have lived there for 20 months now. I paid rent for the first 12 months. This was called the "Try Before You Buy" period. I liked living there so I decided to buy my unit and paid a deposit. Part of the rent I now pay goes towards buying my unit and the rest pays for all the maintenance, electricity, internet, and the food that is provided for everyone. I can pay more money in, if I want to, which will help me to buy my unit more quickly.

What do you like about living in your own unit?

Living independently, having my own space, and doing my own house-keeping jobs. Making my decisions by myself and being able to have company sometimes.

Is there anything you don't like about living on your own?

I like living on my own, but sometimes I feel lonely and miss the company of my friends and family. The other residents have their own lives to live and cannot always include me in their activities.

What have you learned from living on your own?

I have learned to think for myself, and I now know how to catch a bus or order a taxi. I have learned how to go shopping on my own. I have learned how to get along with the other residents and how to share the facilities and the small jobs that need doing around the units.

Q&A

Lessons from living independently

Julia Hales discusses the challenges, discoveries and joys of living independently for more than 20 years.

Tell us about your home. How long have you lived there?

I love my home. I can clean, I can do washing. I've been living here for the last 24 years of my life and I really love doing all different things in my home.

What's your apartment like?

It's very nice. It's very white and it's brand new and I really like it.

What's your favourite thing to do at home?

I like watching TV. I love watching my favourite show, *Home and Away*. I've been watching it ever since it first started. I like watching cooking shows. I love watching TV. It makes me happy.

How did you make the decision to live independently?

Before I was 16, I saw that my sisters Megan and Amy moved out and that's when I realised I wanted to move out of home. I went to my mum and dad when I was 16 years old and I said to them if I can move out of home, but they did say I have to be 21 to move out of home. And so they got me ready to be independent. And then after my 21st, I moved out into my very new apartment.

Was it hard at the start?

It was hard from the start. I didn't know what to do. I didn't want to be alone in my first night. I asked my sister to stay with me. And then it was hard with cooking. Mum always showed me how to cook.

Do you like cooking now? Do you have a favourite recipe you'd like to share?

I do. I love to cook at home. My favourite one that I like to cook is stir fries, healthy pasta and healthy burgers. I would love to do a step-by-step guide cooking book to help other people with disability and Down syndrome to get their cooking skills up and so they'll be ready to live independently. It will be with pictures and plain English writing.

What are some of the other good things about living on your own?

I can do whatever I want. I can stay up as late as I like. I get around and yeah, I kind of teach myself to be more independent. I travel and also for family events I catch Ubers and buses and trains.

What are some of the challenges?

The challenges are being independent. Sometimes it is hard, but I keep teaching myself what to do all the time. So I have my own routine. Keeping this apartment clean. Sometimes it's hard to do things on my own, but I overcome them.

> “I make stories about people with Down syndrome. I love to make stories come to life on stage by showing the audience and the world that people with Down syndrome have rights and need representation.”

How do you manage paying bills?

Very easy. I get to go to the post office, up to Subiaco. I go into the post office and pay all my bills on time.

What advice do you have for other people with Down syndrome who might be thinking about living independently?

Well, if the kids go to their parents and ask, “Can I move out?” but the parents would say, “You had to be 21 to move out.” That's the same age I moved out of home.

I want them to have the same opportunities like I had, but also just to get them ready to be independent by going to TAFE and study and do whatever they can to get ready.

What kinds of things should they study at TAFE?

Kitchenhand attending, life skills, cash counting. They need to know about cooking, about cleaning, and all that kind of thing.

You are an actor and theatre maker. What kind of performances do you make?

I make stories about people with Down syndrome. I love to make stories come to life on stage by showing the audience and the world that people with Down syndrome have rights and need representation. And I got to do that through my show, 'You Know We Belong Together.'

What kind of themes or ideas do you explore in your shows?

I have lots of ideas for my shows, so I'll write them all down. Then I collaborate with other people and I show them all of my ideas, everything that I want to help people with Down syndrome to get their voices out to the world and to hear them and what they want.

What do you love about performing?

I love bringing stories to life on stage and so people can hear me and to hear all of my friends.

Recipe

Quick spring gnocchi

Ingredients

- 500g packet gnocchi
- 2 bunches asparagus, woody ends trimmed, cut into 5cm lengths
- 300g sugar snap peas, halved lengthways
- 300ml thickened cream
- 1/2 cup (130g) basil

Directions

Step 1

- Bring a large saucepan of water to the boil over high heat.
- Add the gnocchi, asparagus and peas and cook for 2-3 mins or until the gnocchi rises to the surface of the water.
- Drain well.

Step 2

- Meanwhile, heat the cream in a large frying pan over high heat. Bring to the boil.
- Cook for 2 mins or until cream boils and thickens.
- Add half the pesto and stir to combine.
- Remove from heat.
- Add the gnocchi mixture and gently toss to combine.

Step 3

- Divide the gnocchi mixture among serving bowls. Drizzle with the remaining pesto and season to serve.

Find a word

Can you find the eight words listed below? They could run in a straight line down, across or diagonally.

C	A	F	L	A	T	M	A	T	E
O	D	P	F	R	E	E	D	O	M
O	R	E	A	Q	F	Q	Q	P	R
K	C	Y	C	R	W	U	G	T	H
I	K	Y	Y	I	T	F	N	T	O
N	K	U	J	X	S	M	J	O	U
G	R	P	Q	P	R	I	E	U	S
V	L	I	V	I	N	G	O	N	E
R	B	V	J	X	H	F	Y	N	T
D	Z	W	F	D	N	G	A	P	S

apartment
freedom
decisions
living
cooking
flatmate
fun
house

Getting to know our DSA board members

Michael Cox

In April this year, Down Syndrome Australia was excited to announce Michael Cox as its newest board member.

Michael is a passionate self-advocate from Queensland. He's known for his strong leadership skills and dedication to promoting health, fitness, equality and inclusion.

"I am very fortunate to have grown up in a house with a very supportive family, which has given me a unique perspective on life," he says.

Michael competed as an international swimmer, winning many medals and breaking records. He says it taught him a lot about growth and pushing his limits.

"Growth takes time, effort, sacrifices and learning to sit with discomfort and embrace failure," he says.

"I didn't become an international record holder in swimming by taking it easy. It took years and years of training, and of failing and succeeding. That's how you grow. That's how you find a purpose in life."

Throughout his swimming career, Michael turned to advocacy and helping people and communities reach their full potential.

"I've been a member with Down Syndrome Queensland for as long as I can remember and over time I started doing more and more. Not just being a member but getting hands on and helping the community and the association. It led me to be a part of the national Down Syndrome Advisory Network where I am now the state representative for QLD."

In 2024, Michael represented DSA at the United Nations Conference of State Parties (COSP) in New York City. There, he spoke on key topics like employment and inclusion.

"One of my biggest achievements in life is going to COSP," he says. "That's where I took my public speaking and advocacy role to an international platform."

Michael is an independent thinker with a strong sense of responsibility. He says joining the DSA board was something he'd always dreamed of and is looking forward to sharing his skills and experiences.

"I had my first board meeting this year in Melbourne. I really enjoyed it and that was the meeting that they voted for me to be a director. That is something that I always wanted to do. I've always wanted to make change. I've always wanted to make the world a better place.

"I've focussed my advocacy on diversity and inclusion. I also believe we need to treat each other with more human decency. Everyone in the world needs to learn to be kinder."

"What I can bring to the board is inspiration and motivation. As a board we are here to help grow Down Syndrome Australia and create change for people with disability. We vote on policies for the organisation and talk to government, communicating to them the needs of the organisation."

Claire Mitchell

Claire Mitchell joined DSA's board in 2020 as the first independent director with Down syndrome.

Claire had a dream that one day she would be on a board, and five years ago that dream became a reality.

"I was so incredibly excited when I got the call to be invited onto the DSA board," she says.

"I had taken on more and more leadership and advocacy roles, including being the first Queensland representative of the Down Syndrome Advisory Network. That gave me an opportunity to become more of an advocate and gave me the confidence to become the first person with Down syndrome on the board."

Claire's main goal is to raise awareness about the contributions that people with intellectual disabilities can bring to their community. She is particularly interested in improving employment opportunities for people with Down syndrome, and wants to use her voice to support people however she can.

"I've had quite a lot of training with DSA that inspired me with a whole lot of topics and information to develop my opinion and become a better leader," she says.

"I've learnt lots of skills from being on the board. I have had to do a lot of speaking, and I am a motivational public speaker as well. I talk about wanting to live a good life and wanting to be included. It's so important to be a voice. Because there are people who have Down syndrome who have greater support needs and might not be able to speak for themselves."

Claire enjoys the structure of the board meetings and the opportunities to share her lived experience and make decisions for the good of the organisation.

"I like meeting in person best and I like when meetings are organised and have a structure," she says. "The other thing I like is making a decision. I come from a family of organisers and decision makers.

"Being a director on the board involves doing the preparation before you get to the actual meeting itself, so receiving the agenda and going through it so I actually am able to fully contribute.

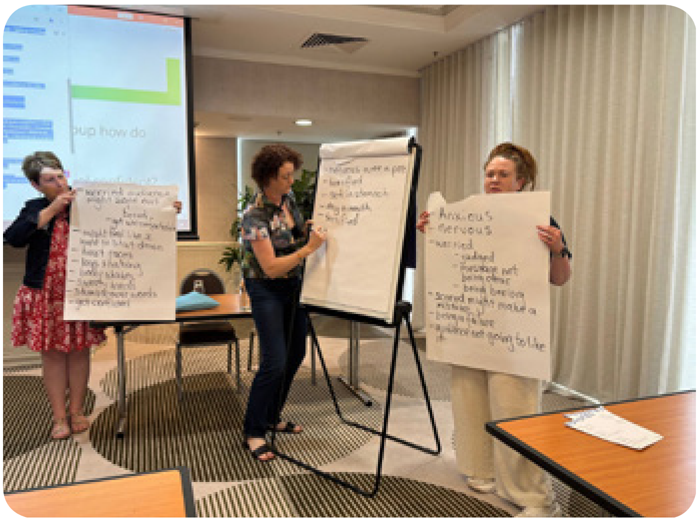
"We will usually discuss topics like education and employment, health, housing and aging. Everyone has different strengths. It's about bringing it all to the table.

"It's not about putting yourself first and just being out there. Sometimes things on the board haven't been easy and there might be a conflict of interest that needs to be discussed. I'm not a person that hides my feelings.

"When I get emotional about something it's because I love it so much. I speak up if I'm not sure about something, and I've been fortunate to be supported on the board to do that. And this advocacy work and being on the board is something I truly love."

Out and about

Conferences, social outings, workshops, and of course World Down Syndrome Day! It's been a fun and busy start to the year across the country.



Learn and Lead group members with DSA staff and some of the team from the National Centre of Excellence in Intellectual Disability Health, meeting in Sydney in March for an in-person session to connect and work on shared goals.

Left: DSA Health Ambassador Amelia Sloan after speaking to health professionals at Kyneton Hospital in Victoria about inclusive healthcare. **Right:** Learn and Lead group member Audrey O'Connor presenting at Down Syndrome NSW's World Down Syndrome Day event.

Members of the Down syndrome community at Government House, Canberra for a special World Down Syndrome Day celebration with the Governor-General on 21 March.

Left: A behind-the-scenes moment with self-advocate Charlotte Bailey during filming for The Project's story on our Right to Work campaign in March. **Right:** Another behind-the-scenes shot from The Project, featuring Stephanie Papaleo, DSV team member and DSA CEO Darryl Steff during filming for the Right to Work story.

Left: Self-advocate and DSV Advisory Network member Kez Glenane, alongside Eoin Gibson, sharing their employment experiences at the VALID Conference. **Right:** DSA staff Jessie Spence, Darryl Steff and Liz Willis pictured with Digital Champion Jerry Richter-Nguyen at the VALID Having a Say Conference in Geelong in January.

Left: Members of the Down syndrome community at Government House for a special World Down Syndrome Day celebration with the Governor-General on 21 March **Right top:** DSA Health Ambassador Rohan Fullwood, Employment Ambassador and Digital Champion Eoin Gibson and Tara at the VALID Conference. **Right bottom:** Health Ambassadors Amelia Sloan and Emily Porter speaking to Master of Nursing students at the University of Melbourne about inclusive communication in healthcare.

Voice Journal Reader Survey

We'd love to hear what you think of Voice!

Voice is the flagship publication of Down Syndrome Australia, and as a valued reader, your opinion matters to us!

We are running a short survey to understand:

- who you are
- what you enjoy about *Voice*
- what you would like to see more of in *Voice*

Participants will go in the draw to win one of two $100 gift cards!

Your input will help us make *Voice* the best publication it can be for people with Down syndrome and their communities.

Scan the QR code to go straight to the survey.
It should only take 10 minutes of your time.

Thank you!

https://qrcodes.at/Voicesurvey

Our voice

Australian Capital Territory

We have had a busy few months at ACT Down Syndrome & Intellectual Disability! To celebrate World Down Syndrome Day, our members attended Government House for morning tea, which was hosted by Australia's Governor General Her Excellency the Honourable Ms Sam Mostyn. One of our members, Matthew Barrett presented a passionate speech at Government House about supported decision making and how it's important for everyone to make their own decisions.

As a part of DSA's Employment Campaign, Channel Ten's The Project released a story with ACT Down Syndrome & Intellectual Disability Employment Ambassador Charlotte Bailiey about the wage disparity of people with a disability only being paid $3.01 an hour. Following on from this news story, ACT Senator David Pocock participated in a WIN News story about supporting Down Syndrome Australia's 'Right to Work' campaign, calling out the major parties and asking for a commitment to change. The story featured ACT self-advocates Charlotte and Kura, who talked about their employment and earning an award wage at their jobs.

We also started the year by hiring two new staff members, Hiria and Gus. Hiria is our new Employment Connector. She will be working with local businesses to create suitable and meaningful jobs for people living with intellectual disability. Gus is our new fulltime Community Navigator. He will be working with families, people with disability and the wider community to help find the best supports for them around the ACT.

Shannon Kolak
CEO ACT Down Syndrome & Intellectual Disability

Queensland

2025 is shaping up to be a very busy year across all areas of our organisation. Once again, we're seeing strong enrolments in our Continuing Education Program (CEP) and Skills for Independence classes, setting the stage for a year of full-capacity participation. These programs continue to deliver meaningful engagement and valuable skill development for our members.

Our Education Services Team has been busy from the outset of the 2025 school year, engaging in consultations with schools and kindergartens, hosting successful Professional Teaching Cluster meetings focused on Alternative and Augmentative Communication (AAC) and Social Inclusion, and running various other professional development workshops for schools and kindergartens.

It's also been a busy start to the year for the Support Services Team delivering information and supports to the community, but also planning some exciting new initiatives. As part of our World Down Syndrome Day celebrations in March, we partnered with Ipswich Library for a themed Saturday Story Time, an engaging and well-received event that helped raise awareness and promote inclusion in the community. On 21 March, DSQ proudly hosted its inaugural World Down Syndrome Day Breakfast at Victoria Park Golf Club. The event was a tremendous success, welcoming over 160 guests for a morning of inspiration, connection, and celebration. Keynote speaker Olivia Hargroder—actor, influencer, and advocate—captivated the audience with her powerful story of challenging low expectations and forging a path in the Australian film industry.

Sarah Bone
CEO Down Syndrome Queensland

South Australia

Exciting things are happening in South Australia! Earlier this year, we were delighted to appoint Jennifer McCullough as our Family Support Officer, and Louise Taheny as our Employment Coordinator. They've already made a remarkable impact. Jennifer has been actively supporting families, organising events such as a New Mum Coffee Catch-Up, and A Mum's Dinner Night Out. Louise has been working in partnership with Down Syndrome Victoria to bring back the Fiona McBurney Match Day Experience, with the first game being Port Adelaide vs St Kilda. Congratulations to Michael Hodyl, who took part as the umpire's assistant and had a fantastic time!

On March 21st, to celebrate World Down Syndrome Day, 13 young adults and their support crews were treated to a Pamper Morning at Hair Care Adelaide, generously sponsored by the Gauvin Group. Participants (and their carers!) had their hair washed, styled, coloured, curled, and cut. They were also treated to a delicious morning tea and welcomed by a team of volunteers who made the day truly special. The celebrations continued at Government House the following weekend, where families gathered to mark the occasion together.

Our South Australian family database continues to grow, and we aim to reach as many individuals with Down syndrome and their families as possible. If you'd like to connect with the team, please reach out via: **infoSA@downsyndrome.org.au** or **0466 076 895**. Thank you to everyone who has supported and welcomed this work so far! The SA team is supported by the DSWA.

Cassandra Hughes
CEO Down Syndrome WA

Tasmania

Down Syndrome Tasmania members experienced the highlight of our calendar—the Annual Family Camp. This much-loved event brought families together for connection, fun and support.

A special moment at camp was the presentation of a generous $50,000 cheque by Kristy Douglas on behalf of Richard Douglas and the Tasmania Police Charity Trust.

These funds will help us continue delivering our vital programs, including Family Camps, Bright Stars, early intervention, health services, and to support for new families.

We extend our heartfelt thanks to the participants of the Tasmania Police Charity Bike Ride, which has supported us since 2007.

Following the presentation, members and their families celebrated with a joyful group bike ride.

Stacey Jackson
EO Down Syndrome Tasmania

Victoria

DSV has had a wonderful start to 2025. We began the year with two fabulous events: a World Down Syndrome Day celebration at Parliament House in Melbourne and Family Fun Day with our community at Werribee Zoo. A big thank you to all who contributed to the success of both events.

Across regional Victoria, we've been busy building and fostering connections and opportunities for our community. We launched a new peer support group in Horsham, continued to build Club21 in Geelong and Ballarat and we were proud to present at the Having a Say Conference in Geelong. We hosted a regional gathering in Ballarat with our Advisory Network and local MP Juliana Addison, as well as community gatherings in Sale, Lakes Entrance and Leongatha with our Regional Coordinator, Linda Jungwirth. Our FitSkills21 program continues to grow, with opportunities to improve fitness now available across four metro and three regional gyms.

Perhaps the biggest highlight of the year so far was being named the chosen charity for the MRC Foundation Gala in May, raising an incredible amount to support our work. A heartfelt thank you to the MRC Foundation and supporters for their generosity. Thank you also to our dedicated team, volunteers, and community members who continue to make all of this possible. Your support helps us to create a more inclusive and connected Victoria for people with Down syndrome. For more information, visit our website at **downsyndrome.org.au/vic**.

Dan Payne
CEO, Down Syndrome Victoria

Western Australia

The year began beautifully in WA with our move into a wonderful new office. In February, the DSWA Board hosted a special event for founding and early member families, followed by a successful Educator Professional Learning Day attended by 48 participants both in person and online.

World Down Syndrome Day was celebrated at Government House with His Excellency and Mrs Dawson, joint patrons of DSWA where Advisory Network Chair Andrew Denton delivered a powerful speech. The celebrations continued across WA with landmarks lit in blue and yellow, and over 120 people attending a joyful family picnic on 22 March.

We've launched new regional support groups in Peel and the Wheatbelt, and the Family Support Team continues to deliver outstanding work, including morning teas, home and hospital visits, and community events. The DSWA Advisory Network is thriving—attending events and hosting the recent Gala Dinner, building leadership and self-advocacy. Plus, we're excited to have received a NDIS Peer Support Grant to deliver the **Life Skills Lab.**

Congratulations to Julia Hales being awarded an OAM. Finally we congratulate the Employment Team on being finalists in the NDS WA Disability Support Awards and Nikki Schwagermann winning the Emerging Leader Award, and our CEO being awarded the Outstanding Leader Award.

Cassandra Hughes
CEO, Down Syndrome WA

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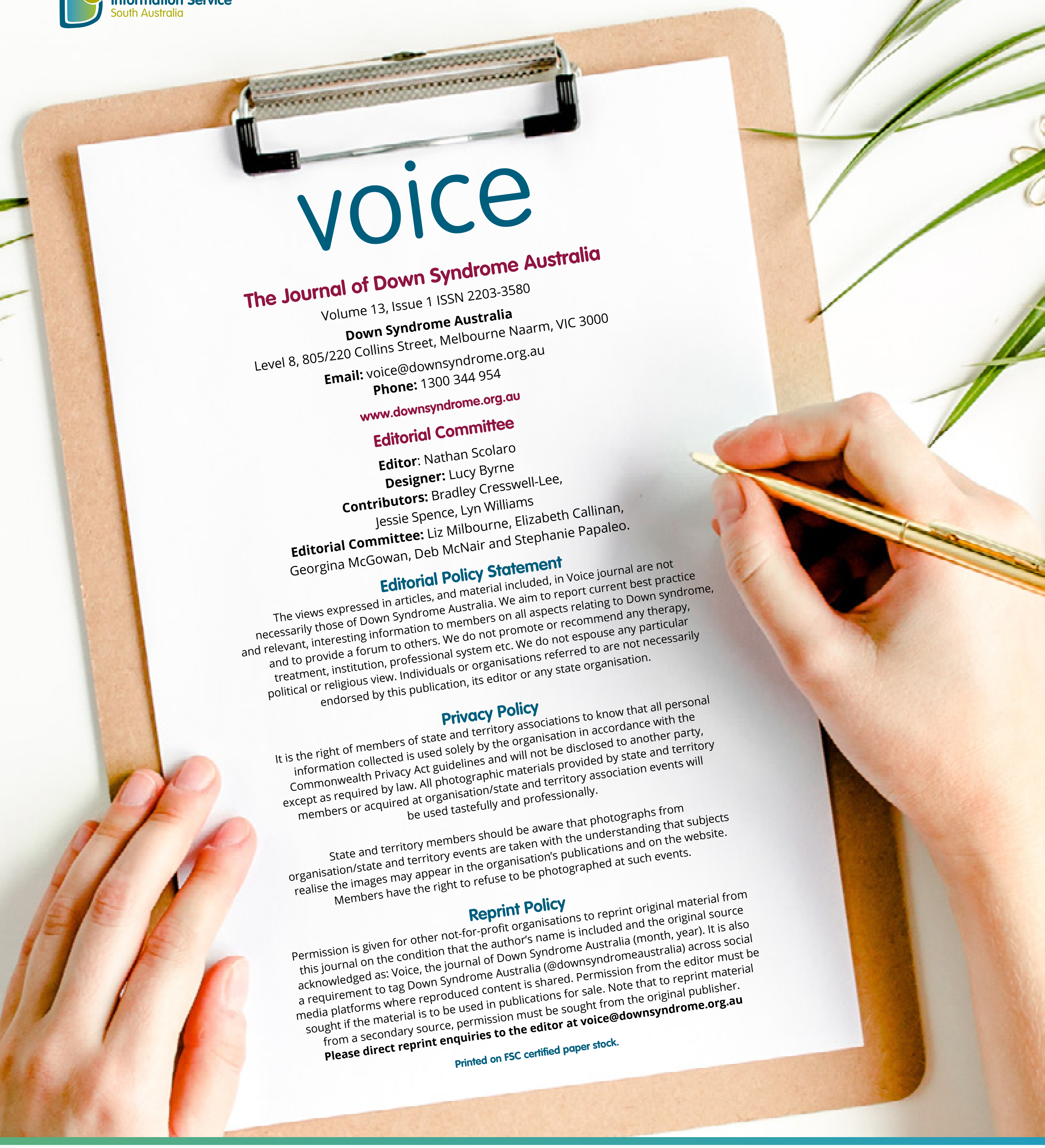

voice

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Down Syndrome Health Apps

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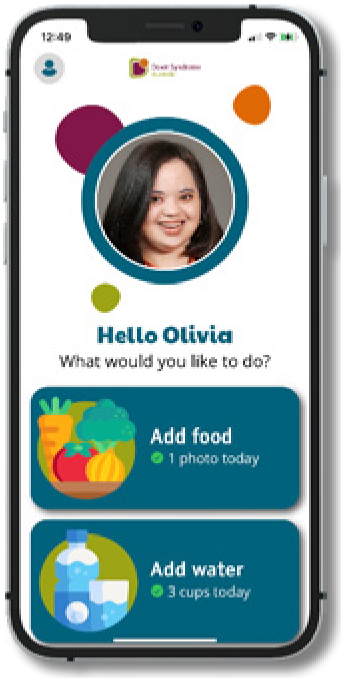


Down Syndrome Good Health

The Down Syndrome Good Health App supports adults with Down syndrome to keep a diary of their meals, water intake, exercise and daily activities to share with family, support people and healthcare providers.

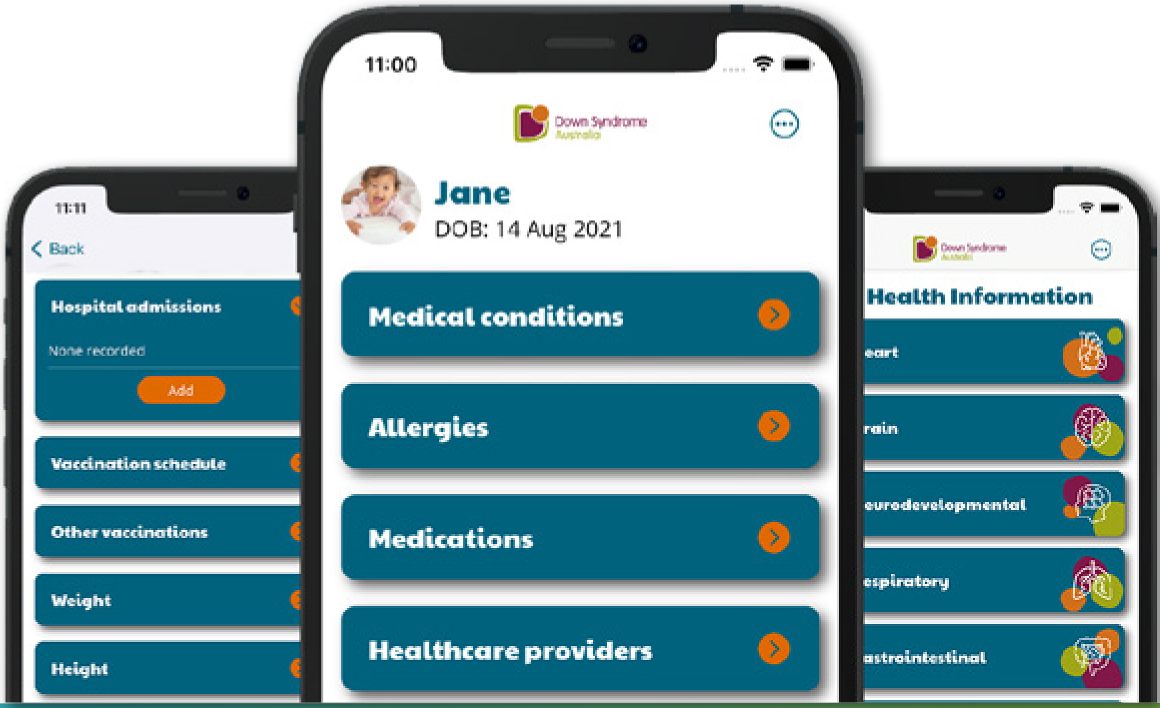
Down Syndrome Health Record

The Down Syndrome Health Record App assists parents and support people of children with Down syndrome to record and monitor their child's health, growth and development up until adulthood.

Download now!

Download on the App Store

NEW GET IT ON Google Play



Down Syndrome Australia

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