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2006-07 Slate of DDSA Officers

Chairperson:	Mike Schofield
Vice Chair:	Vacant
Secretary:	Michelle Pereira
Treasurer:	Paul Scullion
Programs:	Vacant
Ont. DS Rep	Donna Wright
Public Relations:	Karen Ross
Newsletter:	Kelly Zovak
Phone Convenor:	Elizabeth Boyle
Web Master:	Donna Edwards

SEAC Reps

Durham District:	Denyse Newton
Peterboro/Victoria Northumberland & Clarington Catholic:	Donna Wright
Durham Catholic:	Jack Lichaczewski

Statement of Policy and Disclaimer:

This newsletter reports items of interest relating to Down Syndrome. The Durham Down Syndrome Association does not promote or recommend any therapy, treatment or product, etc. Individuals or organizations referred to, do not necessarily endorse this publication or its editor. We wish to provide access to information and bring together those interested in Down Syndrome. We attempt to create an optimistic outlook and attitude for those with Down Syndrome and their families. The editor reserves the right to make corrections to material submitted for publication

Website: www.ddsa.ca

Phone: 905-433-4100
Toll free #: 1-888-334-1009
Fax #: 905-433-4121

Mailing Address: PO Box 231
Whitby, Ontario
L1N 5S1

Upcoming Events

September 19th – General Meeting

Where: DDSA Office (Oshawa City Hall)
Time: 7:30 pm
Details: Social evening.

Come out and catch up with old friends or meet some new ones. This is a great opportunity to share your child's accomplishments or network to find a solution to a particular problem you may be dealing with.

October 1st - Durham Walk for Down Syndrome



Where: Cullen Central Park Whitby
(300 Taunton Road West)

Time: Registration: 12:00 pm
Walk: 1:00 pm

Details: Join us for our 2nd annual Durham Walk for Down Syndrome. Once again, Tom Brown from CTV will be hosting the event. Some of the exciting events planned for the day include children's entertainer Jim Parker, The Ben Show, a rock climbing wall, surprise celebrities, BBQ, our local fire department, and lots of activities and attractions. The 1-2 km walk is an advocacy walk to promote awareness and acceptance of people with Down syndrome. Registration forms can be downloaded from the DDSA website at www.ddsa.ca.

October 4th - Ladies Night Out

Where: Kelsey's Restaurant (Whitby)
Time: 7:00 pm
Details: Social evening for the ladies.

Take some time for yourself and join us for dinner or a drink. If you are interested in joining us, please call Kathy at 905-985-2412 and let her know how many will be attending.

October 20th – 22nd - DSAO Conference

Where: Holiday Inn, Peterborough Waterfront

Details: 4th annual Down Syndrome Association of Ontario Conference. This year's keynote speaker is Jack Pearpoint. Jack is the founding Director of Inclusion Press and the Marsha Forest Centre, full time publisher, presenter and problem solver with individuals, organizations and governments on five continents. See page 8 for the registration form and list of workshops.

Upcoming Events

November 1st – 7th - Down Syndrome Awareness Week

Each year during the first week of November, Canadian families and associations go that extra step to enhance our communities' awareness and understanding of Down Syndrome. For more information on how you can help promote awareness see page 6 and/or view the CDSS web page at, <http://www.cdss.ca/en/main.htm>

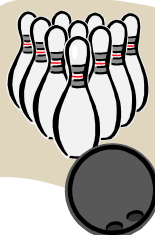


November 1st – 14th – Toonie for Down Syndrome Awareness

Toonie for Down Syndrome Awareness week will run from November 1st -10th. Each school has the option of picking a date within this range.

Together we can continue to foster the practice of inclusive education, which we believe, is of great value to both Down syndrome and all students. If you have not already contacted your school please do so and ask if they are willing to participate. Please contact Donna Wright at 905-432-9941 so we can set a date or provide assistance in this endeavor.

November 5th - Bowlathon Fundraiser



Where: Neb's Fun World, Oshawa

Time: 9 to Noon

Details: Honorary Chair to be announced. Further details such as pledge sheets and posters to follow on our website and via mail/email.

Contact Donna Wright at 905-432-9941 if you require any further details or if you wish to help in any way with this event.

December 2nd – Christmas Party and Dance

Join us for our annual **Children's Christmas party** (2 – 5 pm) or **Teen Dance** (7:30 – 10 pm) at Camp Samac (Simcoe Street North, Oshawa).

For the children's party, please bring a wrapped gift labeled with your child's name for Santa to hand out. Rick & Terri will be back once again to entertain the children. For both parties, please bring a food item to share at our buffet table (ie. dessert, fruit, veggie tray, cheese and crackers, salads, etc.) There will be a \$2.00 entrance fee for the Teen Dance this year to help offset some of our expenses.



Volunteers are welcome to assist with the party or dance. Please call 905-433-4100 and leave your name and phone number if you are available to assist.

Tutoring Program

Hello Everyone,

As of September 2006 I will be joining the Durham Down Syndrome Association's tutoring program. My name is Melissa Dillon and I am a Child and Youth Worker. I graduated from Centennial College in 2003 and have been working as a Child and Youth Worker ever since.

I began my career working full-time for Kinark Child and Family Services Durham Residential Program. I am also employed with East Metro Youth Services where I work within Whitby Mental Health Centre in the Adolescent Crisis Unit. I have done part-time work in other residential settings as well as, Foster Care Support Services. I now work as a supply Educational Assistant for the Durham District School Board and continue to do part-time hours at Kinark.

I am pleased for the opportunity to work for DDSA and am eager to begin in September. My availability for tutoring is on Monday's from 4:00 pm until 7:00 pm and Wednesday's from 4:00 pm until 9:00 pm. I have begun to make phone calls to fill these time slots and they seem to be going quickly. If I have yet to telephone you regarding tutoring and you are interested, feel free to email me with your information at lissa_dillon@hotmail.com.

Tutoring will be for hour-long sessions; I ask that you leave your child with me while the session takes place so that your child and I can have focused one-to-one time. I will also be sending a Communication Book back and forth from each session so that parents can have an up to date recording on their child's progress.

I hope to see you in September ! Melissa

Fall Recreational Activities

Basketball – Challenge League Sports. The season starts at the end of October on Monday and Wednesday nights at Bobby Orr School and Village Union School in Oshawa. For more information, contact Theresa or Gene Grabowski at 905-571-3379 or Email: challengeleague@rogers.com



Bowling – Season starts Friday, September 8th at 6:30 pm at Ajax Bowling Center. Contact Shelly Kuijpers at 905-579-1485.



Rhythmic Gymnastics – Season starts on Thursday, September 14th from 4:30 – 5:30 pm at Twinkletoes School of Dance in Ajax. Contact Donna Edwards at 905-686-7610.

Skating – Season starts on Sunday, September 10th at 2:00 pm at the Ajax Community Center for figure skating and Sunday September 17th for Speed Skating. Contact Chris May at 905-686-2538 for Speed Skating and Debbie May at 905-686-2538 for Figure Skating.



Swimming – Season starts Thursday September 28th from 7:30 – 8:30 pm at Donovan Pool in Oshawa. Contact Heather Smith at 905-839-4025.

Floor Hockey – Season starts Thursday, September 14th at 6:30 pm at Roland Michener School in Ajax. Contact Dan Kuijpers at 905-579-4025.

Hockey – Durham Dragons Special Hockey. Season starts at 10:30 am, October 2nd at the Ajax Community Centre. Contact Gina King at 905-436-1694 or visit <http://www.durhamdragons.net/>



Nordic Skiing / Snowshoeing – Start dates have not yet been established. Contact Marcia Mitchell at 905-427-0332.

Grandview Children's Center offers a range of activities for preschool, school age and youth with special needs. Contact Grandview at 905-728-1673 or check our their fall brochure on the web at: <http://www.grtc.ca/pagesnew/recreation/recdocs/Fall%202006%20Rec%20Flyer.pdf>

Dance – A new dance studio will be opening in Courtice late September and they are interested in opening a class for children with special needs. For more information, contact the studio at 905-579-ELITE (3548) or by email at dance_elite@hotmail.com

ODSP Changed Announced

On February 8, 2006 the Minister of Community and Social Services announced a number of changes to the Ontario Disability Support Program (ODSP). These changes will be phased in with items 1 and 2 below effective April 1, 2006. The remaining changes take effect on November 1, 2006.

Following is a summary of those changes as they affect ODSP recipients.

Finding work

1. Improved access to a range of employment services such as job placement and job retention services to help recipients find jobs
2. Requirements that spouses who do not have a disability and are not primary care givers look for work.
3. \$500 one time grant to help recipients cover the costs of participating in a training program, looking for work, starting or changing jobs (e.g., uniform, equipment, professional fees)
4. Up to \$600 per child informal child care costs while recipients look for a job, participate in training or start a new job

Keeping more of what is earned:

5. 50% of all earnings are exempt from clawback
6. \$100 per month for each adult family member who is working
7. Up to \$600 per child (under the age of 18) per month for informal child care costs
8. Up to \$300 per month deduction for disability work-related expenses (e.g., attendant care, specialized technology/equipment)

Moving toward financial independence:

9. Ongoing drug, dental and vision care benefits to recipients leaving ODSP for employment unless coverage is available from the employer
10. One-time employment transition benefit of \$500 to cover the costs of starting a job for recipients leaving ODSP for employment
11. Improved rapid reinstatement into the ODSP program for recipients at any time if their job does not work out

Information compiled from Ministry of Community & Social Services documents. Further details available at: www.cfcs.gov.on.ca/CFCS/en/newsRoom/newsReleases/060208.htm

Medical Tips from the Down Syndrome Clinic

By Dr. Mary Pothos, C.H.E.O

Treatment of Ear Wax Buildup:

Earwax is made by glands in the outer part of the ear canal. It is healthy to have some earwax inside the ear canal. Sometimes earwax can be a problem because too much earwax has collected in the ear canal. It may then act like an earplug, blocking sound vibrations entering the ear and causing a hearing loss. This can also be a problem because your doctor cannot see your child's eardrum at the time of fever to see if there is an infection. It can also cause a feeling of fullness or an uncomfortable sensation for your child. There are safe ways to remove earwax if there is a constant build-up or if it is causing pain or loss of hearing.

1. Three to four drops of mineral oil in the ear canal twice a week or once a month for 3 – 5 consecutive days. Try this at bedtime and have your child let the oil sit in the eardrum for 1 – 2 minutes before moving. This is especially good for dry wax in the ear canal. The oil helps soften the earwax and get the excess wax to slowly move out of the ear. The wax will fall out or may be cleaned safely from the outer ear with a washcloth.
2. Hydrogen peroxide – a small dropper full in each ear at bedtime twice a week or once a month for 3 – 5 days. This is especially good for earwax that is soft. It helps break up the wax so that it can slowly move out of the ear canal.
3. If the above does not work, your doctor can help by using irrigation (ear washes), a curette (tiny spoon shaped tool) or suction. If these methods don't work, your doctor may refer you to an ear-nose/throat (ENT) specialist for earwax removal.

* Do not do the above if your child has ear tubes or a hole in the ear drum (perforations are usually due to repeated ear infections, trauma to the ear drum or previous ear tubes.)

Obstructive Sleep Apnea:

We are currently identifying a lot of children and adolescents with Obstructive Sleep Apnea (OSA). This is a serious sleep problem and needs to be identified and addressed. Please notify your child's physician or our clinic if you feel your child may have Obstructive Sleep Apnea so that we can organize the appropriate testing and treatment. OSA occurs in up to 50 – 60 % of individuals with Down Syndrome due

to the pre-existing floppiness of the muscles of the back of the throat, and crowding of the mouth. Being overweight can make this worse.

How Does Sleep Apnea Occur ?

During normal sleep, throat muscles relax. If or when this happens, there is too little room inside the throat, or has too much tissue pressing on the outside of the throat, the airway can become blocked. This blockage stops the movement of air and this causes the brain to send a signal for your child to wake up so they open up the airway in their throat and start breathing again. If your child has sleep apnea, this cycle may repeat many times in an hour. Generally they will not remember waking up but the many arousals will make them sleepy and tired the next day. As the airway becomes narrower there will be snoring. When the airway is completely blocked there will be pausing in breathing. If this pausing lasts greater than 10 seconds, especially if this is happening several times a night, it is significant and needs to be brought to the attention of your physician.

What are the Symptoms of Obstructive Sleep Apnea ?

If your child has obstructive sleep apnea, their body may get less oxygen during sleep and they won't sleep well. Common symptoms of obstructive sleep are;

- Loud snoring interrupted with pauses in breathing, followed by loud gasps
- Not feeling rested when they wake up in the morning
- Morning headaches
- Tiredness or sleepiness during the day
- Trouble concentrating
- Anxiety, irritability, or depression
- A strong desire to take afternoon naps

Many people who snore do not have sleep apnea, but nearly everyone who has OSA snores.

How is Obstructive Sleep Apnea Diagnosed ?

Your health care provider may;

- Examine your child, especially their throat and nasal passages.
- Order blood tests, including a check of the function of their thyroid gland
- Do a sleep study at a sleep disorders clinic or sleep lab. The heart rate, brain waves, chest movement, and blood oxygen levels will be measured while your child sleeps

The study will help determine if the movement of air slows during sleep or if the air movement stops completely during sleep. It will also show how often this happens during sleep.

How is Obstructive Sleep Apnea Treated?

It is very important to treat OSA. Untreated sleep apnea can have very serious long-term effects on health especially if there is a pre-existing heart condition.

- The most common treatment for young children is removal of the tonsils and adenoids if they are enlarged. This often leads to temporary or permanent relief of obstructive sleep apnea.
- If your child's tonsils and adenoids are not enlarged, the next most common treatment is use of a machine that sends pressurized air into the nose and throat at night.

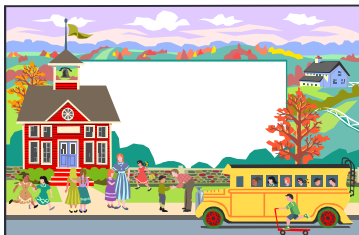
This treatment is called Continuous Positive Airway Pressure (CPAP)

SEAC Reports:

(Special Education Advisory Committee)

Durham District School Board:

by Denyse Newton



As another school year begins, parents are reminded of the critical roll that they play in their child's education. For those families that have children new to the school system there is

some key information sources that you should take the time to read in order to familiarize yourself with special education services. The following will be helpful links for obtaining new information (or for those that have had children in the system for some time, it provides good reading to remind us of the procedures that the school board should be following with respect to the identification of your child with special needs:

1. DDSB Parent's Guide to Special Education - www.ddsb.edu.on.ca/PdF/Spec_Ed_2005/parent_guide_2005.pdf

2. DDSB Special Education Plan – this document provides information about DDSB special education programs and services (please note that this is the 2005-06plan) www.ddsb.edu.on.ca/html/Special_Education_Plan_2005-2006.htm

3. Ministry of Education – www.edu.gov.on.ca The Ministry website provides a wealth of information on curriculum guidelines as well as specific special education policies & regulation.

4. Down Syndrome Association of Toronto www.dsat.ca Under their education section, there is a wealth of information of IPRC's, IEP's, SEAC, OSR's, etc...

Just a reminder to all that schools are obligated to have your child's IEP updated within 30 days of the first day of school, or from the date of a change in placement. That means you should be contacted no later than mid-October to consult on the contents of the IEP.

This year, DDSB is bringing back the position of Inclusion facilitator. This person will be responsible for helping schools include children with special needs in regular classrooms. If your school is struggling with inclusion, this will be a key resource person for them as well as for you as parents. Cindy Waugh has accepted the position as Inclusion facilitator and can be reached via email at Waugh_Cindy@durham.edu.on.ca

If you have questions about special education programs and services in the Durham District School Board, please feel free to contact me, as your Special Education Advisory Committee representative, at denyse.newton@sympatico.ca. SEAC meetings are open to the public and are held on the third Thursday of every month (September through June) 6:30 p.m. in Room 2020 of the DDSB Education Centre.



Pictured above is Nicole, age 11 who learned how to water-ski this summer.

Down Syndrome Awareness Week

Down Syndrome Awareness Week runs from November 1st – November 7th. This is a public awareness campaign that focuses attention on the unique strengths and needs of people with Down Syndrome. It is a time during which we stress abilities rather than disabilities and, by doing so, work to enhance the quality of life and ensure equitable opportunities for all Canadians with Down syndrome.

Here are some ideas to help promote awareness during the week;

- Have your school participate in the Toonie for Down Syndrome Awareness Program.
- Put up posters in your community (school, workplace, stores, etc.)
- Visit your child's school and talk about Down Syndrome or read a book.
- Have one of your children submit an article to your local newspaper regarding what it's like to be a sibling of a Down Syndrome brother or sister.
- Approach your local newspaper editors about opportunities for articles highlighting the positive accomplishments and contributions of people with Down syndrome in your community, perhaps in the areas of athletics, education, employment and independent living.
- Donate a book about Down Syndrome to your local library.
- Honour special people in the community who have demonstrated awareness of the up side of Down syndrome.
- Organize a sports challenge and invite local sports celebrities, business leaders, entertainers and politicians to compete against one another.

The Canadian Down Syndrome Society has a planning guide, poster and public service announcement that can be downloaded from their "Events" tab at <http://www.cdss.ca/en/main.htm>.

Toonie for Down Syndrome Awareness

Toonie for Down Syndrome Awareness week will run from November 1 -10th. Each school has the option of picking a date within this date range.

- We have a PowerPoint Presentation ready for each participating school (burned to CD)
- We can provide personnel to speak with your school about Down Syndrome (either in a classroom or larger setting using this presentation)
- We have two videos one for primary and one for Intermediate/Secondary grades.
- Provide printed material/posters for a bulletin board display

Purple wristbands are available *separately* reading "Down Syndrome". These should be great for the intermediate and high school ages at a minimum two-dollar donation.



Stephen Newton acted as one of the Canadian Youth Ambassadors at the recent 9th World Down Syndrome Congress in Vancouver

Message from the Editor

The lazy days of summer are slowly coming to an end and we are now beginning to gear up for the upcoming school year. Routines will slowly fall back in place and life will once again become hectic, trying to balance our work schedules, volunteer time, children's homework and extracurricular activities.

The DDSA executive is also gearing up for a very busy year ahead. We have continued to plan and meet over the summer months and are very excited about our plans for 2006 – 2007. I would like to take this opportunity to gossip some of our recent successes:

- **DDSA office** – we obtained office space at Oshawa City Hall and have recently secured the space for another 2 years. The office gives us the stability we need to develop new programs and hire staff.
- **Board Match** – we have completed the application and have posted for 2 positions for our association. This program introduces nonprofit organizations to talented and informed individuals who are willing to share their enthusiasm and expertise by serving as volunteer members of the boards of charitable organizations.
- **Tutoring Program** – We launched this program last year and had a dedicated group of students who benefited greatly from the one on one attention.
- **Durham walk for Down Syndrome** – The 1st annual walk was held last year and was an overwhelming success !
- **Toonie for Down Syndrome** – This campaign was also introduced last year and was very successful in creating awareness.

Besides the accomplishments listed above, the group is also working on some new initiatives;

- We are currently in the process of completing a **HRSDC application**. If the application is approved, we would have an individual in our office on a regular basis, who would help our association grow and develop.
- **Bowlathon Fundraiser** – This event will be held at Nebs Funworld and is expected to be as successful as our walk.
- Alternative Fundraising and Social events – We continue to explore alternative means of generating money. More money means more

programs and opportunities for our children. We are currently reviewing the **Shop and Support program** (Gift Cards), which kicks back a percentage of each card sold to the participating organization. We are also looking at alternative venues to host our many social events to reduce costs and increase participation.

We have an amazing cast of characters on our executive this year. They are all very busy, dedicated individuals who want to make a difference in our children's lives. I would like to take this opportunity on behalf of our membership to thank; Mike Schofield, Donna Wright, Michelle Pereira, Paul Scullion, Karen Ross, Elizabeth Boyle, Donna Edwards, Sheila Zealand and all of the supporting committee members for their commitment. It's going to be a great year ahead !



Do you contribute to the United Way?

Did you know that your gift to the United Way can be designated for The Durham Down Syndrome Association ? All you need to do is provide the Charitable Registration number, which is;

89144 4572 RR0001

We are grateful for all donations received through the United Way. Thank you for helping us achieve greater financial stability so that we can continue to serve families in the coming years.



Websites

<http://www.handwritingworksheets.com/index.htm>

<http://www.oafccd.com/factsheet/fact21.htm> - Special Education Terms used in Ontario Schools

http://www.thestar.com/NASApp/cs/ContentServer?pagename=thestar/Layout/Article_Type1&c=Article&cid=1131230997100&call_pageid=970599109774&col=Columnist969907621156 - Providing for a disabled child's future needs (ELLEN ROSEMAN – Toronto Star)

www.readwritethink.org

www.linktolearning.com



'Circle of Friends' October 20 – 22, 2006

Please use a single form for each adult. Photocopy as required. Please print.

Personal Information:

Name: _____

Address: _____

Phone: Day _____ Email: _____

1. Conference Fee: (2 Breakfasts, Saturday Lunch & Coffee Breaks all included)

Professionals	\$110.00	\$ _____
Parents (Up to Sept. 25th)	\$ 95.00	\$ _____
Students	\$ 60.00	\$ _____
Registration (After Sept.25th)	\$125.00	\$ _____

2. Social Events:

Friday Night: Meet and Greet

Registrants N/C x _____ Others: (family/friends) \$12.00 x _____ \$ _____

Saturday Breakfast

Registrants N/C x _____ Others: (family/friends) \$12.00 x _____ \$ _____

Saturday Lunch

Registrants N/C x _____ Others: (family/friends) \$16.00 x _____ \$ _____

Sunday Breakfast:

Registrants N/C x _____ Others: (family/friends) \$12.00 x _____ \$ _____

Total Amount Due

\$ _____

(Make cheque payable to DSAO Conference)

Written notice of cancellation must be postmarked or faxed to (705) 749-5864 by October 6, 2006. A \$25.00 fee will be deducted. No refunds will be issued after this date.

Workshop Selection		
	First Choice	Second Choice
Saturday A	#	#
Saturday B	#	#
Saturday C	#	#
Saturday D	#	#
Sunday E	#	#

Workshops

Keynote: Saturday October 21, 9:15 a.m. – 10:15 a.m.

Jack Pearpoint is the founding Director of Inclusion Press and the Marsha Forest Centre, full time publisher, presenter and problem solver with individuals, organizations and governments on five continents: Jack helped create planning tools such as Circles, MAPS and Path and Tools for Change. Jack is an independent Canadian publisher and catalyst for Inclusion, Diversity, Teamwork and CHANGE!

An enormous number of people with disability labels have a remarkable capacity to meet, to greet, and to create hospitality – safe places that welcome us all! Hear how Jack welcomes these people into full citizenship so that they can instruct us how to welcome one another, restore relationships, and build community! Don't miss it!

Workshop A Saturday October 21, 10:30 a.m.– 11:45 a.m.

1. **Healthy Sexuality – Karen Klee, Health Care Consultant-Developmental Services Access Centre-Waterloo Region:** Karen feels strongly that physical and emotional health also includes a healthy and safe sexual attitude. She will show you how complex emotional and physical health needs of individuals with Down syndrome can be met at home, in the community and as they travel through the health care system. This workshop will provide information about healthy sexuality, the need for ongoing education and the risks involved for people with developmental disabilities.
2. **Individualized Funding – Durham Respite Services:** How do you make individualized funding a reality!! Meet parents who will walk you through the process, discuss the obstacles while focusing on the advantages and disadvantages.
3. **Estate Planning – Peter Lillico, LLB and Linda O'Connor, Financial Consultant, Scotia Private Client Group:** How will your adult children who have Down syndrome be cared for when you are no longer here to do so yourself? Have you provided properly for their financial security? Does your Will have a Henson Trust to ensure their Disability Benefits are not cut off by inheritance? These questions will be answered and more estate planning tips shared at this workshop.
4. **Down Syndrome Clinic – Dr. Mary Pothos, Down Syndrome Clinic at the Children's Hospital of Eastern Ontario (CHEO):** Dr. Pothos will review the common medical issues that are encountered in the pediatric Down syndrome population. She will review the medical care that is provided through the Down syndrome Clinic and how to access it. Join Dr. Pothos and hear how CHEO may assist your child.

Workshop B Saturday October 21, 1:30 p.m. – 2:30 p.m.

1. **Managing Behaviour – Barb Takacs, Behavioural Consultant, Tri-County Behavioural Services:** Tired of yelling, screaming, nagging, pulling your hair out? This approach doesn't work! This workshop will present positive strategies that every parent and educator can do to change behaviour.
2. **Moms Networking Session:** An opportunity to have an open discussion and exchange of information with other moms.
3. **Dads Networking Session:** An opportunity to have an open discussion and exchange of information with other dads.
4. **Len Nicholson, Special Education Consultant:** This workshop is designed with the educator in mind. Len will discuss strategies to best meet the needs of students with developmental delays and how effective school teams and resources will create a successful learning environment for everyone.

Workshop C Saturday October 21, 2:30 p.m. – 3:45 p.m.

1. **Mental Health Problems in DS – Dr. Valerie Temple, Clinical Psychologist, Adult Program:** What kinds of mental health problems do people with Down syndrome face? What do these problems look like? When are they most likely to occur? Diagnosing and understanding mental health issues in people with a developmental disability can be a challenging task. This workshop will describe some of the most common mental health problems for individuals with Down syndrome, discuss the symptoms of these disorders, and review some of the life challenges that may lead to mental health problems for this group.
2. **Individualized Funding – Durham Respite Services – See Workshop A #2**
3. **Healthy Sexuality – Karen Klee – See Workshop A #1**
4. **Special Olympics – Linda Ashe, Director Organizational Development, Ontario:** Linda will highlight what sport and competition opportunities are available to people with Down syndrome of all ages and abilities. She will provide an overview of school and youth development programs and resources used throughout Ontario.

Workshop D Saturday, October 21, 4:00 p.m. – 5:15 p.m.

1. **Inclusion – Ashleigh Molloy, BA M.Edu., M.R.E., Ed.D., Director of Transformation Education Institute and President of the Down syndrome Association of Toronto:** Inclusion embraces diversity! Establishment of an enabling and inclusive environment offers a best practice model to help learners with Down syndrome achieve their educational goals. During this presentation, useful classroom strategies will be outlined that will transform theory into practice for the educator who is seeking an inclusive learning environment.
2. **Down Syndrome Clinic – Dr. Mary Pothos – See Workshop A #4.**
3. **Effective Strategies for Teaching Children with DS at Home and at School – Len Nicholson, Educational Consultant:** As parents and educators we strive to prepare children with Down syndrome to be as independent, productive and able to participate in their community as possible. This workshop will stress the need for setting appropriate, measurable goals that can lead to successful and meaningful participation now and in later life. Strategies for teaching “functional academic” programs including literacy and numeracy, as well as vocational/work skills and independent life skills will be discussed. Communication strategies and assessment will be emphasized.
4. **Transitional Planning – Christine Crough and Julie Wilson, Transitional Planners with Alternatives:** This workshop will promote discussion about the who, what, where, when, why and how to of transitional planning from school life to adult living life in the community.

Workshop E Sunday, October 22, 10:00 a.m. – 11:15 a.m.

1. **Special Olympics – Linda Ashe – See Workshop C #4.**
2. **Managing Behaviour – Barb Takacs – See Workshop B #1**
3. **A Home for Life – Speaker – TBA –** This workshop will offer a variety of housing options for your young adult with Down syndrome. Hear what is available in your community, their successes and failures and how you can find the right living choices for your family.