



ASIA PACIFIC
DOWN SYNDROME
FEDERATION



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info@apdsf.org

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President Speak



Wishing you all a very happy and safe 2023!

This year has been quite eventful for APDSF so far. With events like the World Down Syndrome Day celebrated in March across various countries, the Federation's representation at the UN being widely appreciated our participation at the COSP meet and a very successful APDSF AGM that has helped create a path for us to follow, 2022 has definitely been a remarkable year for us.

Our medical committee led by Dr. Bhavani Sriram is also trying to build a team of medical experts across the APDSF region. The Medical Interest Group discussions at the 2022 APDSF AGM is a step in the right direction. We are looking at forming broad guidelines that can later be tweaked according to the region. A path breaking step for us indeed!

The way ahead presented by Mr. Paul Zanon at the AGM this year is a good step forward. We are looking at a three year plan to ensure that APDSF can support more countries in our region. We are looking at reaching out to many more countries that are yet to understand Down syndrome and assist them by spreading awareness and providing information that we have at our disposal. This is our contribution in making the region a Down syndrome friendly place.

The coming year, let us all look at improving lives of our self-advocates by providing them all the support they need to become confident individuals.

Wishing everyone the very best for the New Year ahead.

Regards,
N. Ramachandran
President - APDSF

APDSF AGM 2022

After the virtual AGMs of the past 2 years, The APDSF AGM 2022 being a physical event was quite surreal. The APDSF AGM was organized on the 3rd and 4th of December 2022 at the ITC Grand Hotel, Chennai.



The APDSF AGM is organized in a member country every year. The aim of the AGM is primarily to apprise countries about the goings-on in the region and how we can learn from one another about things to do and what has worked for persons with Down syndrome in a country and how it can be done in one's own country.

A medical Committee Meeting was organized at the APDSF AGM this year with medical professionals from across the region participating in the event. The aim of the Medical Committee Meeting was to create guidelines for the Down syndrome community in the region, in the fields of Medical and Therapeutic support. Members from the medical fraternity as well as therapists discussed the important aspects to be taken into consideration from the time a child is born with Down syndrome.



The medical committee meeting had been planned during our AGM in 2019. However due to the pandemic in 2020, the event got postponed for the next AGM. The pandemic however did not deter us from organizing our AGMs virtually. So in the year 2020 and 21, our AGMs took place over Zoom. All countries participated in the zoom and we were able to come up with concrete plans to help persons with Down syndrome across the region.

This medical committee meeting was chaired by Dr. Bhavani Sriram who is a doctor from Singapore and one of the Vice Presidents of the APDSF. She works in the field of Medical support for persons with Intellectual Disabilities. The medical committee was able to come with 3 major areas where we could guide and support persons with Down syndrome. This included:

1. Redefining the Health Passport by countries using it in a test group of at least 30-40 people
2. Guidelines for persons with Down syndrome. A very elaborate one not possible since it would be country specific, so a basic structure to be created in discussion with the medical committee members.
3. Post Natal Counseling to be standardized.



APDSF AGM



The AGM was organized on the second day – 4th of December 2022. The roadmap for the year 2023-26 was discussed and decided upon in consultation with all the members.

The advisor of APDSF – Mr. Paul Zanon gave a concrete roadmap to help APDSF evolve as a bigger, more supportive body for the countries in the region.



The APDSF AGM resulted in the following resolutions being made

1. APDSF will ensure a Zoom meeting once in 4 months, apart from the AGM
2. APDSF will promote information sharing over social media.
3. Countries will bring in neighboring countries into the APDSF fold so that APDSF as an organization can support the other countries in the region.
4. The APDSF office in Chennai will be raising funds for the following activities of the APDSF
 - a. Research programs
 - b. Medical committee
 - c. Support activities

It was overall a very productive meeting with the next steps being made very clear to the member countries. It ended with the hope of a better world for our self-advocates whichever region they belonged to.



Australia

Down Syndrome Australia is excited to start 2023 by welcoming the incoming CEO Darryl Steff.

Darryl is currently the CEO of Down Syndrome Queensland (DSQ). Under his leadership, DSQ has led the way in Queensland in supporting people with Down syndrome and their families.

“As the parent of a child with Down syndrome and from my role as CEO of DSQ, I have a strong knowledge of the opportunities and issues facing the Down syndrome community, and the broader disability community. I am looking forward to continuing the work that DSA has been doing in this area and advocating for the rights of people with Down syndrome and their families on the national level,” Mr Steff said.

DSA is also proud to announce the launch of two new health apps for people with Down syndrome and their families.

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

The Down Syndrome Good Health App is available now on the App Store here: <https://apple.co/3XkZ2QP>

The new Down Syndrome Health Record App has many helpful functions for parents to keep a track of medical diagnoses, allergies, medications, vaccinations, hospital admissions and healthcare providers. It also allows parents to monitor the weight, height and head circumference of their child, as well as developmental milestones.

The Down Syndrome Health Record App is now available on the App Store here: <https://apple.co/3TX3AtV>

Bangladesh



Listen Include Respect Guidelines are being practiced in DSSB

Listen Include Respect an international guidelines for inclusive participation. The Listen Include Respect guidelines help organisations understand what they need to do to make sure people with Down syndrome and intellectual disabilities are included in their work.

The guidelines were written by [Inclusion International](#) and [Down Syndrome International](#).



Over 1,500 people with Down syndrome, intellectual disabilities and their families from almost 100 countries helped write them.

Down Syndrome Society of Bangladesh becomes the Member Reference Group of Listen Include Respect.

The goal of the group is to give feedback about how we can make it easier for the members to use the Listen Include Respect guidelines in their work. The group will talk about what support members need.

Listen Include Respect guidelines are one of the best tools to apply for the inclusive participation.

About the guidelines

- Listen Include Respect is a set of guidelines and tools for organisations on inclusive participation.
- These resources will support organisations of all types to be more inclusive of people with Down syndrome and intellectual disabilities.

- The guidelines include practical advice and checklists to follow.



The guidelines were created by organisations of people with Down syndrome and intellectual disabilities in Down Syndrome International and Inclusion International's global networks.

Why do we need guidelines?

- Many organisations understand their responsibility to be accessible and inclusive of everyone but they need tools and support to understand how.
- Including people with intellectual disabilities is about more than buying a service, it is about investing in a longer process. What are the guidelines?
- The guidelines are on a website called [ListenIncludeRespect.com](https://listenincluderespect.com)
- The website has a part on big ideas for inclusive organisations. This part explains the main things organisations need to think about to work on being inclusive.
- The website has guides for organisations on different types of work, like how to have inclusive meetings, events, and projects.

- We are developing training for organisations about the different types of inclusive work that will be led by self-advocates.



Down Syndrome Society of Bangladesh is dedicated to creating greater understanding of the full and rich lives of people with differences by helping parents, educators and medical professionals recognize the true potential of all people with Down syndrome. It envisions communities where everyone - including those with disabilities especially people with Down syndrome -- is accepted, included, empowered and given the opportunity and choice to create their own happiness and path to success.

China

We invited several Down syndrome families to share their stories of adapting to the lifting of the ban.

Feng's family

- I can only take online classes now, I felt so sad that I can't see my classmates, I am eager to have classes with them again in school.
- I felt so sorry that my efforts in studying cannot be reflected because the school cancelled the final exam.
- After lifting of the ban, I will travel to Singapore with my family, which trip was cancelled in February 2020 because of the covid-19, we like travelling all over the world.

Can's family

- In the middle of December 2022, after three years of fighting against the epidemic, our country chose to lift lockdown, our feelings are complex. On the one hand, we are very happy that there is no travel control. On the other hand, we are worried that people infected with COVID-19 are now only voluntarily quarantined at home.
- As the number of people infected increases every day, we start to work at home.
- In the past, we always climbed mountains nearby and ate delicious meals outside after climbing. But now the exercise was cancelled, instead, we just walk around for a while with masks after lunch.
- During the past three years, we sometimes went out without masks, but now we choose to wear masks whenever we go out. Now we have formed the habit of disinfection when getting home to reduce the chance of infection.



Yue's family

- Neither of us was anxious and so was Ying Yue, his was adapted well to the lifting of the ban.
- Our whole family is infected with COVID-19. Ying Yue has the lightest symptoms. We are currently in the recovery stage.
- We believe people's anxiety will soon pass after lifting lockdown. We are looking forward to the full opening up in the future.



Down Syndrome groups

We have several big online groups, which can help each other to solve problems, like how to relieve symptoms, how to get medical resources conveniently and so on.

干巴巴的喉咙

群 杭州文妈
加油

群 杭州文妈
闯过难关

群 杭州文妈
说明是个喜洋洋

群 杭州文妈
身体好

江苏淮安郑宇哲妈妈, 2017.11.18
我烧了五天还在反反覆覆发烧

群 杭州文妈
23°

群 杭州文妈
36°

湖北妈妈, 2021
可能是

群 杭州文妈

湖北妈妈, 2021
我们这里基本家家都发烧

群 杭州文妈
轮流

应岳就感冒症状, 一点事没有, 胃口特好

湖北妈妈, 2021
@上海应岳妈 2006 跟我家老大一样, 就是普通感冒, 能吃能喝

周二 20:52

转需: 有新冠门诊了, 可以开药, 便民教程: 点 (新冠便民门诊) 一选医生就诊, 开药 (全国配送)。发热门诊人满为患, 在家自测, 阳了上互联网医院, 对号入座, 开些中药协定方, 选择智慧药房快递到家。

广东省中医院互联网医院
广东省中医院互联网医院

学校老师发的

12月16日 下午15:22

谢谢@广东建建妈 2018.11.28

现在的药都供给刚需, 基本都在社区卫生院等

12月16日 下午15:23

湖北妈妈, 2021
还真有假阳的啊

我也一样

湖北妈妈, 2021: 怎么我阳了, 就烧了一天就好了, 难道我是假阳

应岳都没发烧

群 杭州文妈
文杰是学校密接, 那些密接的都发烧, 他没

群 杭州文妈
就咳嗽

群 杭州文妈
我怀疑也是无症状

但是核酸有异常, 抗原两条杠, 不会假阳

我天天泡脚

周二 21:00

珠海恩皓妈妈20061110
喝柠檬水

周二 21:05

珠海恩皓妈妈20061110
我觉得这方法好

我也天天泡脚, 冰糖雪梨, 煮老白茶, 葱白生姜红糖水, 煮金桔, 换着来

珠海恩皓妈妈20061110
我上周四和同学吃饭, 同一台车两个阳了

珠海恩皓妈妈20061110
皓皓上周五放假, 班上就有阳的同学

12月17日 晚上21:43

好的, 谢谢

上海应岳妈0606: 有, 打过了两针, 没事

周二 15:16

3_12-18_09_26_下载音频
1.mp3
15.6 MB

周二 15:21

这个大家可以听一下, 知识面很全, 如何应对目前状况, 区分, 用药等, 特别是有孩子老人, 糖尿病, 高血压等情况的

看个人体质和基因

是不同毒株吧, 应岳爸和我们不一样

他烧的厉害, 浑身疼

群 杭州文妈
还有感染源严重与否

群 杭州文妈
所以表现都不一样

湖北妈妈, 2021
我家就是老大从学校带回家的, 放倒一家人, 就老小啥事也没有

湖北妈妈, 2021
难道我家牛牛有免疫力了吗

群 杭州文妈
难道对唐宝友爱?

珠海恩皓妈妈20061110
然后, 皓爸隔天去医院透析, 血透病人也有阳

珠海恩皓妈妈20061110
目前为止, 我还好,

珠海恩皓妈妈20061110
就天天泡脚, 一定要注意保暖

珠海恩皓妈妈20061110
多喝水

群 杭州文妈
嗯

群 杭州文妈
能晚点羊就晚点羊

群 杭州文妈
越迟越好

小敏的聊天记录
小敏: 归纳下前半段已做的听课笔记
1. 能治风寒感冒的药都可用, 不能用风热感冒的药, 那是用反了。2. 可以多备点生姜。做好预防, 戴好口罩, 不用手揉...
聊天记录

"杭州小萝卜妈 201812" 撤回了一条消息

有人作了录音笔记
杭州文妈0608: 3_12-18_09_26_下载音频1.mp3

周三 14:25

@杭州小萝卜妈 201812

周三 14:55

Newsmakers India!

India has been producing a lot of newsmakers. The Down Syndrome Federation of India proudly presents our news making self-advocates..

Ms. Karishma Kannan

Ms. Karishma Kannan has been invited by the Goa Government to be part of 'Purple Fest Goa' an event celebrating diversity on 6th, 7th & 8th Jan '23 in Goa. Expected close to 5000 foot falls from all over the globe ! Karishma is the Ambassador & will build awareness about Down Syndrome. Registrations for this event was on till the 20th of December. Pl see the purplefestgoa link given in the above post for details of program & registration.

We are honoured to invite all member countries to celebrate diversity !



<https://www.facebook.com/112237568331593/posts/pfbid0L1eqfFFBe4vxwajJHB6gBKbUX3oyAqkMfoi2bzhobzP5TdsqejyQRQpysHx6q4Vgl/?mibextid=Nif5oz>

Ms. Ananya and Mr. Vignesh

It was a moment to celebrate for the Down syndrome Family in India. The engagement of Ananya and Vignesh was one event that we looked forward to. And it took place on the 15th of December 2022. The bride and the groom looked resplendent and happy.

Marriages they say is the coming together of 2 families. In our case, it is the coming together of the entire Down syndrome community. Anything that we say does not compare to the happiness that this event brings into our lives. What Ananya and Vignesh have done is not just getting engaged! They have instilled hope in our members – a hope for a better tomorrow for our self-advocates. A hope that they need not spend their lives as lonely individuals dependent on their parents and caregivers. They can lead their own independent lives.

Vignesh is currently employed in Dubai and Ananya is a teacher in a local school for special needs. The parents of the couple should be applauded for their brave decision. A decision that has made our entire community start believing in their dreams.

The wedding will be a grand celebration on 5th of July 2023



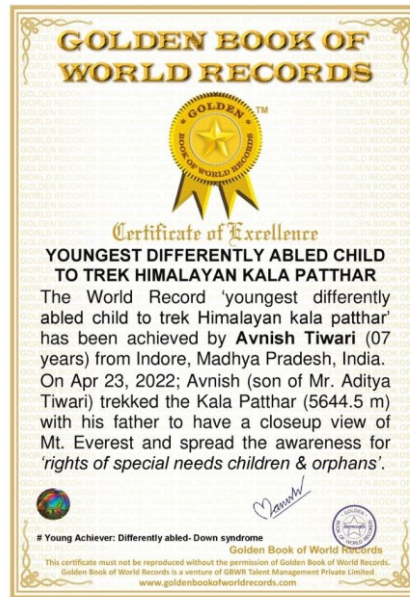


Mr. Avnish Tiwari

Eight year old Avnish Tiwari became the youngest recipient of the National Award for the Empowerment of Persons with Disabilities under the age of 18 years. He won it in the year 2022. He received the award from the Honorable President of India, Smt. Droupadi Murmu.



And to top it Avnish also created a record and his name is written in Golden letters in the Indian book of records for being the youngest differently abled climber to trek Kala Patthar.



Ms. Aishwarya Rath

Aishwarya participated in the WWAD(walk with a difference) fashion show for season 3 held in kolkata. She got selected in the top 30 from almost 1000 kids for audition. She went through two rounds of audition to make it to the top 30 for grand finale. Bagging the star icon title in the grand finale with a cash prize of 25000 has been too overwhelming for her and everyone. She has done her portfolio phototshoot and is all set for next modeling adventure



Mr. and Ms. Adhyatma

To mark International Disability Month in December, Happiness is Khushi and IRC organised a beauty pageant event for individuals with different abilities.

To mark the International Disability Month in December, Happiness is Khushi, an online education academy, and Information and Resource Centre (IRC), a non-profit organisation, jointly organised Adyatma, a beauty pageant event for individuals with different abilities earlier on Sunday in Bengaluru.

As many as 41 finalists were selected for this offline grand finale from all across India out of 115 contestants who had already gone through auditions that were scheduled last week. The remaining 73 contestants participated in the online talent contest held on December 4.

The participants from across the country walked the ramp and indulged in various events like singing, dancing, and other activities during the event. Adyatma in Sanskrit means the higher self .

Ms. Adhyatma Senior – Ms. Sania Khimji,



Sania has bagged an modelling assignment with Cleo for their cosmetic brand. Previously she has also modelled for Cult Sport and international brand project nightfall as well

Ms. Adhyatma Junior - Avantika Dinil,



Mr Adyatma - Vishruth



X'Mas Celebrations at DSPS School

Down Syndrome Parents Society, the Delhi arm of DSFI had its annual picnic on 25th December in collaboration with DAPS-1 school. The venue was the school pre-primary play group area. More than 250 families came together. It was a grand Christmas Celebration. The day was filled with fun frolic and food. Not only did the children enjoy the fun activities but parents too enthusiastically participated in games. Every child took back a goodie bag and yummy treats.

It was a very grand farewell to 2022 and a cheerful welcome to 2023!



Japan

1. Track and field for athletes with Down syndrome

Track and field for athletes with Down syndrome were held in Miyazaki, October, 2022.

The purpose of the track and field was to raise awareness of para-sports.



2. Roundtable discussion about menstruation

Japan Down Syndrome held a roundtable discussion about menstruation by parents of adults with Down syndrome.

They discussed the followings:

- Age of their daughters,

- Age of menstruation start
- Condition of their daughters during the menstruation
- Acceptance of menstruation by their daughters (The way and the contents to tell menstruation their daughter)
- Who to talk to when in trouble about menstruation?

The discussion was introduced by JDS Nesletter. The contents were appreciated by readers.

Mongolia



[Ganzorig Vanchig](#) is a first time producer and the founder and chairperson of the Mongolian Down Syndrome Association. “[Trio](#)” is his first job as a producer.

On the occasion of “Trio” screening at [Warsaw Film Festival](#), we speak with him about producing for the first time, the combination of themes on Down Syndrome and the disappearing ancient Mongolian rituals, Mongolian cinema and many other topics.

Since this is your first time producing a film, could you tell me how you got involved?

I am the founder and chairperson of the Mongolian Down Syndrome Association, because I have such a son, who is now 20 years old. So you can imagine that 20 years ago, nobody knew anything about the syndrome, there was no professional health service, no specialists etc. Then I realized that I should not rely on the government or someone else, but I had to do something on my own. I started an NGO and started activism. In the last 20 years, I have done quite a lot of work training, lobbying, lawmaking etc, but it is not enough to convince the whole general public. Then I realized that art and movies are two of the most powerful tools to influence people, to change their mind. Then I came across this movie theme and then we worked on the script and tried to combine a lot of serious topics like nomadic culture, inequality and Down Syndrome and national identity. We thought that these things should be presented through one person with Down Syndrome and through this actor, we should expose the real situation in Mongolia. Actually, not only in Mongolia, but globally. That is how I joined this project.

But the main actor does not have Down Syndrome, right?

The young child does, but the main actor, no. He is a very well-known actor in Mongolia, he has played in more than 40 films and dramas, but this is the first movie he directs.

That is why he is competing in Warsaw in the 1-2 competition. This movie is everyone's debut (laughter)

Was it difficult to make the movie then, since it was the first time for many of you?

Yes, it wasn't easy, but the good thing is we are full of passion and energy, because when we united our team and started this project, we did not consider making money, or having a commercial project a priority. Money is number 30 in our priority list, maybe even number 100. Our first priority was to make a really nice drama and art house movie, and to deliver our messages through this movie to the world. We did not face much trouble in that person, but when we wanted to submit the film to festivals, we realized we knew nothing about it, and it took some time to explore what kind of films are screening around the world, which one is A category, what are the requirements for submission, etc. After a couple of months, we understood that everything is in English and this is the way to communicate and especially Stefan Laudyn, the director of the Warsaw Film Festival, helped a lot professionally-wise. One day a few weeks ago we got an email from Poland, informing us that we were selected in this competition and we were so happy about that. We drank beer and celebrated.



Can you tell me a bit about the research the protagonist did for the role. Because he is really convincing as a person with Down Syndrome

The Mongolian Down Syndrome Association is an NGO, so we partnered on this project. All the group of the team and the kid with Down Syndrome, his parents. The director and lead actor spent a couple of months with the kids, even before and during the shooting of the movie. We have this special school in Ulaanbaatar, and there was a teacher there, and she helped a lot. Battumur spent a lot of time with the kids and

interacted with them. He tried to learn how they behave, what their uniquenesses are, and their advantages and disadvantages. We spent quite a lot of time on research. Also I worked as a consultant and also other members of the Down Syndrome Association as well as the teachers from this special school, they worked or supported us as consultants.. Then together, the kids with Down Syndrome stayed in the country in remote areas for a couple of weeks, only two or three of them. Step by step, they got used to it. That is why they spent time together, and then eventually they became friends with Battumur. It took some time, but the result was good.

Are there still people who think that you can get Down Syndrome from another person, as the movie shows in the school scene?

There are still people who underestimate those with Down Syndrome. I don't think it is their fault, I think it is actually our fault, the Down Syndrome Association's fault. Because we have to provide the correct information to the public. Otherwise, people without the knowledge, have no idea. That is why we understood that our association and other parents, we have to be educated about the Syndrome and have to tear out our mask, we have to be ambassadors of Down Syndrome and to provide the right knowledge to society. Otherwise, unfortunately, most of the people will not accept their own children. They try to lie to them, insisting that their kids do not have Down Syndrome. This kind of behavior is actually killing their kids, they cannot go to school or play with other kids. That is the big barrier in Mongolia, and not only in Mongolia, in most of the countries actually. That is why I want to deliver these messages to the world, please accept each other's differences, it does not matter if it is Down Syndrome, sexual orientation or AIDS, different country, different religion. We are all different from each other, we are unique. This uniqueness is not a bad thing, we have to accept each other's uniqueness and each other's differences.

Would you say that people with Down Syndrome can live by themselves?

All around the world, more than 90% of them cannot live independently. However, this is a movie, so at the end, the protagonist is leaving his sister, his family and he is living alone back at home. But you see that there is smoke in the yurt, it means that somebody is living there, independently. That is a sign, that symbolically, he can leave alone, and these people could leave alone, if we provide equal opportunity, that is the message. We did not want to end the movie with him dying or getting dependent on his sister, we tried to leave the conclusion to the audience.

How was the reception of the audience in Warsaw?

Wonderful. I didn't really expect the reaction from the international audience, because we have a very different, unique culture, different religion. It was amazing, a lot of people cried. The first day of the screening there was a Polish lady who came with her mother, and she is paralyzed and barely spoke, but she told us that it is very important that we touched this topic of the movie to deliver such an important message to people. Not only on the Mongolian's case but all around the world. She cried and the mother translated and I felt overwhelmed by her reaction. In the second screening, a lot of critics came to watch the movie, and they asked very deep questions about religion and philosophy, nomadic culture and some of them, after the movie, even practiced

meditation with the two monks that are with us here. They sent me the video and I was really surprised.

Is there anything else you would like to add?

You may know that most of the English speaking countries like Europe and North America, when you call someone Mongol, it has a negative meaning. Still, unofficially, the words Mongol, Mongolism, Mongoloid are being used with this negative meaning, because of the relation with Down Syndrome. Many years ago, in the thirteen century, the Mongolian Empire reached Europe and maybe, at that time, European people met Asians for the first time and maybe Down Syndrome was discovered, and because of the facial difference, they connected the two. But now we are in the 21st century so we have to stop this misuse of this word, referring a whole nation in a negative way. This is also our ambition through this movie. For this purpose, I have already started talking with the United Nations. There is a Down Syndrome World Day on 21st of March every year. So maybe next year in March, we will have a special screening and a special panel about Down Syndrome and the misuse of this word. As citizens of Mongolia, our legacy is also to terminate this misuse of the world, globally.

Myanmar

The world threatening disease Covid-19 drew the lives of people down. Actually, it takes time to grow back to normal life. Unfortunately, our country, Myanmar, was not able to survive rapidly as the political turmoil makes the future dark and gloomy. The Myanmar community is still sinking in the whirlpool of poverty.

However, we can't sit by grumbling because we need to try again to escape from the dark.

So, we (MDSA) do the activities for **self-advocates (PWDs)** with the aim of making sure that all individuals with Down syndrome and their families receive the support necessary to survive in their community. Because of the limitation of funding and support from the international community, we couldn't reach out to all the needed areas.

Therefore, we prioritize mental health not only for PWDs but also for guardians of



PWDs by providing motivation. At the same time, we parallelly lift up the physical development of youths with Down syndrome by arranging the capacity building programs with the cooperation of the siblings of PWDs youth. As a result, we can see the much improvement of our PWDs youth in their social communication and personal empowerment area.



But, we can't go far as we still have a lot of restrictions. At the current moment, we could only train around 100 PWDs. It is still few if we compare with the nationwide quantity. Even though we can't get the funding support, our volunteers and PWDs community has a strong desire to learn and are thrilled to move forward. So, it would be really effective if we can get the technical support and training such as TOT for caregivers, job readiness preparation, and the

programs which lead to the empowerment of PWDs from our trustworthy international alliances.

Actually, this is the time to be hand in hand to overcome the difficulties and challenges. As long as we have good wills for our PWDs community, we do believe that we can make the little lights to be beautiful fireworks.

Nepal

The birth of Down Syndrome Health Support Association – Nepal (DSSHA – Nepal) registered as a nonprofit NGO at the Office of the Company Registrar on 29 March 2022, coincidentally the birth date of Founder and President Dr Lalita Joshi with a group of Health Professionals committed to promoting the optimal healthcare health care and wellness of people with Down syndrome across their lifespan

A very salient feather to DSSHA's cap was the start of SEWAMA free telephone helpline service in collaboration with Support Group Cerebral Palsy (SGCP) for the people living in remote terrains of Nepal with the mission to disseminate knowledge and advice to the parents of Intellectual disabilities. A MOU has already been signed between DSSHA and SGCP



A Parent with a 2 years child with Down syndrome shifted to Dubai for a better future . DSSHA President connected her to Dr Salma Kannan , President Down Syndrome Association , UAE She promised to help her . First start towards inter countries spread of helping hands , very motivating.



In September 2022 Dr Lalita Joshi , President DSSHA and another parent of child with DS attended the IIDSC -2022 in Raipur, India .Radha Khatri was from a remote area of

Nepal, Syangja never exposed to such an event was happy to meet many other parents from different parts of India ,benefited with lots of learning and sharing about childcare , support and motivation to give her 5 years child a productive and dignified life.



In December 2022 a team of three 2 doctors (Pediatrician & Ob/Gyn) and a Physiotherapist represented Nepal at the Annual AGM of APDSF on Dec 3,4. The Medical Committee meeting had a very productive outcome and all committed together for better healthcare guidelines for People with Down syndrome with the release of final Medical Passport



Few days after the Team reached home a Free Multidisciplinary Medical Camp organized by DSSHA, it's first venture after inception, on 10 December 2022 with Eye, ENT checkup and hearing test, Dental, Physio, Occupational, Speech therapy assessment and tips to improve, Counselling for new parents under one roof. The camp was a grand success. Parents from Kathmandu valley and remote districts of Nepal showed their happiness and gratitude which as a great reward in return.



Oman

KNOW ABOUT OMAN DOWN SYNDROME ASSOCIATION

A few studies have been conducted in Oman to determine the causes of the rise of cases of babies being born with Down Syndrome and as a consequence understand and introduce more opportunities for those with Down Syndrome. Previously and unfortunately, people with Down Syndrome were often still not included into Omani society despite them having the right to take part and be included as anyone else. Over the years special schools around the country were becoming more of a sustainable educational institution. Furthermore special classes within mainstream schools were introduced. Teachers have been and continue to be trained in this specialist area. As part of some special school initiatives the children are encouraged to experience supervised work life employment (on the job training) and overcome barriers not only from an employer perspective but societal view as well

Slowly but significantly we (the ODSA) strive to work with government authorities to better the education, working environment and societal view of individuals with DS. We actively promote the International World Down Syndrome Day every March 21st in Oman. We arrange for knowledge based activities and seminars strategically placed in areas of huge audiences. Our centre provides physiotherapy, occupational therapy and other supplementary educational services i.e. Quran classes, robot making classes etc

The health sector has in recent years become more pro-active in seeking out regular specialist services that include dental, ophthalmology and ENT care for individual's with Down Syndrome. This initiative has been greatly received as it prevents any potential later health issues of which they are more prone to experience being that some can be born with significant health issues.

In Oman we (ODSA) have created the following below logo to symbolize the X & Y Chromosome being that both are of a Red X (chromosome) & Yellow Y (chromosome) jumping

Down Syndrome Oman in Pictures





Pakistan

Society urged to acknowledge worth of Persons with Down Syndrome: Abid Lashari



Pakistan Down Syndrome Association (PDSA) is engaged in to highlight the importance of the 21st March World Down Syndrome Day, advocacy on self-advocates, educational, medical & skill developmental needs of children with Down Syndrome. The Social activists engaged to deal children with

Down Syndrome Mr. Abid Lashari, Mr. Robin & Mr. SM Nishat added that World Down Syndrome Day (WDS) is observed in each year on 21st March in the World. The World Down Syndrome Days are observed under new themes as theme of 2022 as “#InclusionMeans”. On this day, people with Down syndrome and those who live and work with them throughout the world organize and participate in activities and events to raise public awareness and create a single global voice for advocating for the rights, inclusion and well being of people with Down syndrome. As it's known that Down syndrome is a chromosomal disorder caused by an error in cell division that results in an extra 21st chromosome. The condition leads to impairments in both cognitive ability and physical growth that range from mild to moderate developmental disabilities. It is named after John Langdon Down, the British physician who described the syndrome in 1866 who first described the syndrome as disorder. In Pakistan there is wide gap exists to understand Down Syndrome, even Government of Pakistan still not recognized Down Syndrome as separate category/form of disability. Pakistan has no Rehabilitation Centers except big cities, rural community suffers lot, In Sindh after Karachi NDF-PDSA Rehabilitation Center is only facility to rehabilitate 100+ children through free life therapies with Boarding & Day Care facilities. It was urged that the society must accept Down Syndrome Disability & bring learning opportunities for them establishing at-least District level Rehabilitation Center be opened to provide free services to children with Down Syndrome to include them in mainstreamed society. There is no proper data on Down Syndrome, meanwhile International Agencies claim that more than 200,000 children with Down Syndrome live in the country. It was urged to collect data during upcoming Census 2022 on all disabilities especially on Down Syndrome disability to include them in mainstream society. The General Educations Government & Private School are not ready to get enroll child with Down Syndrome because of slow learning. It should be welcoming environment at all schools to enroll children with Down Syndrome. , no need to find special education school for children with down Syndrome, but they can easily get their education at mainstreamed schools under Inclusive Education System. These children are

assets of Pakistan if not utilized properly; they will be burden on society. Children with Down Syndrome always proved themselves in Special Olympics around the world, named Pakistan with Gold, Silver medals & awards. The worth of these children must be acknowledged by Society.

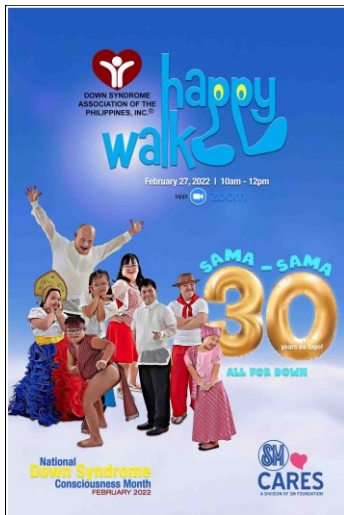
Philippines

20th Tee-up for DOWN sa Lockdown - Part 2



JAN 15	Tee-up for DOWN	The Riviera Golf Club
JAN 29	Harder Cup	Splendido Golf Club
FEB 11	David Memorial Cup	The Riviera Golf Club
FEB 19	Tee-up for DOWN	Luisita Golf & Country Club
MAR 3	Raffle Draw	via Zoom

19th Happy Walk



SPONSORS:

Ms. Pauline Anne Benedicto, Mr. Orville Esguerra, Filinvest Malls, Mr. & Mrs. Luis Harder, Johnson & Johnson Mr. & Mrs. Elmer Lapeña, Lenovo, Ms. Janine Libre, Ms. Lynette Lim, Mr. & Mrs. Dominic McDonald, Ms. Gari Robles, Rotary Club of Makati Circle of Friends, Mr. & Mrs. Ed Sanchez, SM Cares, UCAAS, Inc.

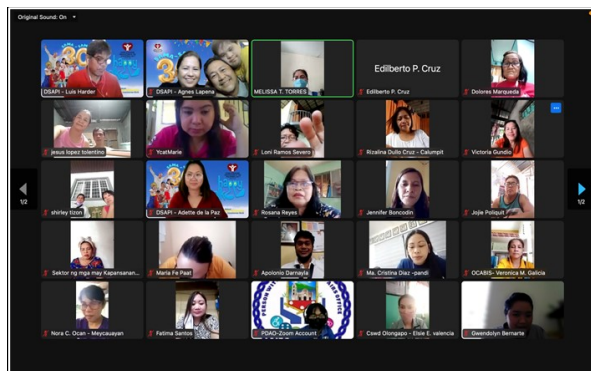
LED Billboards



TV/Radio Guesting:



Webinars:



One of the most beneficial programs for a baby with Down Syndrome is an early intervention program. Typically, a team of professionals work together to train both parents and infant to enhance their baby’s development, and the earlier this program is administered can make a big difference for their baby. The different types of programs may include physical therapy, occupational therapy, speech and language therapy, parent training and individual and family support.

During this time of pandemic, parents may still attend these programs so that their family can benefit from the support and information that they can get from experienced professionals as well as from interaction with other parents of children with Down Syndrome who share the same concerns.



Another partnership created between Festival LifeMalls and the Down Syndrome Association of the Philippines, Inc.

After the MOA signing, a seminar was conducted for the Pixie Forest and Tom’s World staff. These fun areas were open to persons with Down Syndrome for a day, with lunch from Jollibee! Thanks to Festival LifeMalls for supporting DSAPI. We look forward to more events soon. All for Down!



Our young adults with Down Syndrome and their parents gladly supported the Manila Bay Clean Up Program. Let's do our share and help clean Manila Bay.



The Down Syndrome Association of the Philippines with PDAO San Juan celebrated the 44th National Disability Prevention and Rehabilitation Week.



Seven out of the 30 participants of the Love 'em Down Program are back to work! Since we are still under Covid-19 pandemic, Shakey's Pizza Asia Ventures and the Down Syndrome Association of the Philippines both agreed to do a pilot run and see how successful the program will be under new protocols.

The program aims to provide additional environment for learning and fun experience for people with Down Syndrome, at the same time, engage employees by involving them in a community-based activity where they can help create happy moments with differently-abled individuals.



Mall launches 100 Days of Happiness Christmas countdown

Bernice Sevilla (left) and Jeremy Lapena, representing people with Down syndrome, walk the fashion runway as retail giant SM Malls launches its 100 Days of Happiness Christmas countdown at the The Block in Quezon City on Friday. The event was highlighted by a fashion show championing the company's advocacies and support of groups such as the Girls Scouts of the Philippines and the Down Syndrome Association of the Philippines, among others.



In the Halloween spirits!

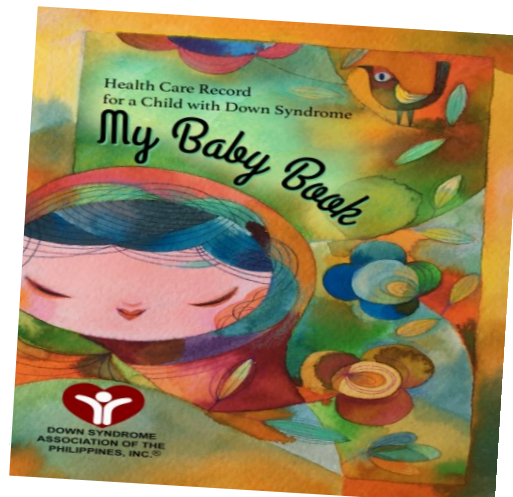
Thank you Filinvest LifeMalls for all the treats! It was indeed a successful Halloween Party for the children members of the Down Syndrome Association of the Philippines! Everyone had a fa-boo-lous happy howl-oween!



Thanks to our partner, Filinvest LifeMalls for your generous Christmas gift to the Down Syndrome Association of the Philippines. We're excited to celebrate the holidays with you!



The birth of any child is often a time of joy and excitement, concerns, and challenges. This is no less true when the child happens to have Down Syndrome. Most new parents don't know what Down Syndrome is, and what effect it will have on their child and family. DSAPI wants every family to know that they have us in dealing with the new concerns that the child brings. We are here to support them in coping with something they may not have expected to deal with — a baby with Down Syndrome.



The **Health Care Record for a Child with Down Syndrome** includes information that will increase their knowledge and help put families in touch with one another. This Baby Book offers some suggestions, facts, ideas, and resources to help guide them through this challenging time

Singapore

Certified in Customer Service

14 learners from Adult Education Services (AES) who completed a 2-day workshop conducted by ITE College Central in July and September 2022 attained 'Certificate of Achievement in Customer Service'. The Vice-Principal of ITE visited our learners during the workshop and was impressed with their commitment and capabilities.

Our learners aced the workshop and assessment comprising discussions, sharing sessions, and role-play.

Some of the components that were covered in the workshop were:

- ☑ Outline good personal grooming techniques
- ☑ Create a professional image of the work environment
- ☑ Explain the value of good impression, to maintain good customer relations and teamwork
- ☑ Overcome challenges at work
- ☑ Display competence through role-playing

Our learners were very proud of their achievements after attending this workshop offered by an Institute of Higher Learning and upon attaining the qualification. ITE and AES will continue to collaborate on suitable courses for our adult learners in 2023 in the spirit of lifelong learning.



Goh Chok Tong Enable Awards 2022

Our heartiest congratulations to Jaspreet Sekhon and June Lin for receiving the Goh Chok Tong Enable Awards (UBS Promise)! They were among 15 recipients at the award ceremony held at the Istana on 1 December 2022 which recognises the achievements of persons with disabilities and motivates those with promise and potential to go the distance with their endeavours.

June (nominated by DSA) and Jaspreet (nominated by MINDS) are pioneering advocates of the 'Our Lives, Our Voices' (OLOV) Self-Advocacy program jointly run by DSA and MINDS since 2017. They had the opportunity to represent the disability community in co-delivering keynotes at "Having A Say Conference 2018" in Geelong, Australia and at the National Council of Social Service "We Are Able! 2018" conference. When June and Jaspreet were presented with opportunities to advocate their beliefs, they rose to the occasion and made an impact in the community.

Though June and Jaspreet are now meaningfully employed, it did not stop them from upgrading their knowledge and skills through courses such as Workforce Skills Qualifications (WSQ) course in Food and Beverage Safety, Hygiene Policies and Procedures, and most recently, Customer Service Skills by the Institute of Technical Education (ITE) organised by DSA.

June and Jaspreet have shown how they have been championing inclusion and empowering the community through their passion. Their aptitude to connect with their audience through their experiences and stories is commendable and inspiring. We wish them both every success in their future endeavours!



Ms. June Lin



Ms. Jaspreet Sekhon

Photo credits: Mediacorp Enable Fund

United Arab Emirates



Opening of the Creative Kitchen for People Down Syndrome sponsored by DP world

In the presence of Her Excellency Hessa Bint Essa Buhumaid, Minister of Community Development, and coinciding with the celebration of October Down Syndrome Awareness Month, Emirates Down Syndrome Association in Dubai inaugurated the Creative Kitchen to train people of determination with Down Syndrome on cooking skills and hospitality management, which is sponsored by "DP World" out of their commitment to empower people of determination and ensure their inclusion into society.

With the latest cooking tools and equipment, the creative kitchen will provide professional training for people of determination with Down syndrome in cooking skills, meal preparations, and hospitality skills, with capacity to train up to 10 trainees per batch.

New Initiative with Aljalila Foundation

Remote Cardiology Program (RCP): Monitoring cardiovascular risks in people with Down Syndrome. The project will enable 50 at-risk young individuals with Down syndrome to have their hearts evaluated with the most advanced medical technology available



EDSA Launched the 3rd phase of the Self advocacy programme





EDSA participation at the fourth edition of AccessAbilities Expo 2022 15-17 November 2022 at the Dubai World Trade Centre.



Champion Saif Al-Dabel**Champion Mahmoud Jaroor**

Our heroes shine again and made us proud during the fourth edition of the UAE Special Olympics. Two Gold Medals in the sport of Bocce won by our Champions

**EDSA Participates in Dubai Fitness Challenge**

Emirates Down Syndrome Association had organized numerous sports activities for people with Down syndrome in the association's headquarters and at Dubai Fitness Challenge Village - Kite Beach, during the DFC period from 29th October to 27th November 2022.

The annual event makes Dubai the only city in the world that offers its citizens and visitors an entire month of free, inclusive and accessible fitness classes, activities and events across the emirate.





Emirates Down Syndrome Association celebrations of the 51st National Day

In cooperation with the Dubai Police Council for Empowering People of Determination and Dubai Police Positive Spirit Initiative



EDSA Celebrations of the International Day of Tolerance



**EDSA Won The sixth edition of BOOKS for PEACE 2022
International Special Award under the category
Solidarity and Social Activities to Promote Peace
and Culture**