

**Down
Syndrome**
Resource Foundation



**welcome
to DSRF**

Welcome to DSRF

The Down Syndrome Resource Foundation offers leading-edge educational programs, health services, and information resources to help your loved one with Down syndrome flourish, and also to empower you with confidence, tools, and support today and well into the future.


Our highly individualized programs, services, and resources are constantly evolving based on the latest research and best practices. We offer a level of Down syndrome expertise and understanding unmatched in Canada. **85% of our families say we provide support they can't receive anywhere else. 100% say they would recommend us to other families of individuals with Down syndrome.**

DSRF provides you with:

- One to one services for individuals and families at all stages of life
- Group programs for youth and adults with Down syndrome
- Down syndrome resources and supports for parents, caregivers, and professionals

This package provides an overview of all that DSRF has to offer. Visit [DSRF.org](https://www.dsrf.org) for much more information, and be sure to follow [@DSRFCanada](#) on Facebook, Twitter, Instagram, YouTube, and LinkedIn.

Welcome to DSRF. **When you're here, you're home.**



Programs + Services

Individual Programs

Speech and Language Therapy

Speech and Language Therapy helps to improve language and communication for individuals of all ages. Our one-on-one approach effectively enhances language development by fostering skills that are targeted to the individual. Focus is placed on positive reinforcement during activities involving language, speech, intelligibility, and social communication.

Occupational Therapy

Occupational Therapy assists individuals across the lifespan with gross and fine motor skills, sensory processing, cognitive and psychosocial skills. The primary goal of occupational therapy is to enable people to participate in the activities of everyday life through a holistic and client centered approach.

Comprehensive Sexual Health Education

This individualized program is tailored to the learning strengths, specific needs and innermost wishes of folks with Down syndrome of all ages to empower them to have safe, healthy and pleasurable relationships with themselves, their bodies and others.

Family-Centred Positive Behaviour Support

This service is appropriate for families who are struggling with their child's mild-to-moderate problem behaviour. The approach is a preventative one aimed at addressing problem behaviour early so that it does not become entrenched.

Mental Wellness

This service is intended for people of all ages with Down syndrome who are experiencing mental health concerns. It is also intended for family members who are experiencing mental health issues related to their experience parenting a child with Down syndrome including grief, anxiety, or depression.

One to One Reading Instruction

Our reading program offers one to one instruction for students aged 3 to adult. We make learning fun in a supportive environment that incorporates individual student interests into a program that is uniquely designed for each student.

One to One Math Instruction

This program offers one to one instruction for students aged 3 to adult and focuses on improving numeracy, beginning with pre-literacy and numeracy skills and progressing to include skills such as number recognition, one-to-one correspondence, numerical order, addition, subtraction, and money.

Individual Programs

- Speech and Language Therapy
- Occupational Therapy
- Comprehensive Sexual Health Education
- Family-Centred Positive Behaviour Support
- Mental Wellness
- One to One Reading Instruction
- One to One Math Instruction
- Reading Tutoring

Group Programs

Reading & Communication Plus

Reading and Communication Plus is designed to build on prior reading skills with an emphasis on comprehension. Practical money handling skills will be another area of focus, along with problem solving designed to increase math skills and reading comprehension. The program will draw on the expertise of DSRF's speech and language program and will include whole group conversation skill building with a registered speech-language pathologist.

Money Math & Budgeting

A major contributor to independence is the ability to count, read, and budget money, and these goals form the curriculum focus for the Money Math & Budgeting course.

Social Communication & Navigation

Social Communication and Navigation (SCAN) is a two-year program focusing on strengthening communication, social-awareness, self-awareness, and navigation in the community. The class also includes an employment component focusing on interviewing skills and resume development.

Hatha Yoga

Taught by a certified yoga instructor, the goal of this program is to create a safe and supportive environment for adults to practice and study yoga, to encourage life-long learning, foster self-understanding, and promote a happy and healthy lifestyle.

Let's InterACT: A Theatre & Improvisation Group

Through team-building activities, theatre, and improv games, participants will develop social-communication skills in a safe, supportive, and encouraging environment. Participants will learn to work collaboratively with others, develop their independent thinking and creativity, gain confidence and build trusting relationships in the process.

Taekwondo

The DSA Taekwondo curriculum is adapted to the needs of the student while developing new areas of competence and strength. Students will learn basic Taekwondo techniques including strikes, kicks, blocks, stances, and self-defense in a fun and supportive environment.

Speaking Out

In today's world, there is a lot to speak out about, and people with Down syndrome deserve to have their voices heard on all issues that impact their lives. The Speaking Out group meets each Friday to learn, discuss, and plan best ways to make their voices heard on issues that matter most to them. Projects have included letters to the mayor, advocacy videos, website write ups and guest speakers.

Group Programs

- Reading & Communication Plus
- Money Math & Budgeting
- Social Communication & Navigation
- Hatha Yoga
- Let's InterACT: Theatre & Improvisation
- Taekwondo for Beginners
- Pop Goes the World
- Friday Reads!
- Raise Me Up

Friday Reads!

The class will read books and other media as a group and explore themes that connect to real-life experiences in a book club format, as well as research topics of personal interest and make presentations to the group. There is no prerequisite reading level, but students who require one to one support must provide their own support.

Raise Me Up

Raise Me Up is a small group program for teenagers and young adults with Down syndrome focusing on self-esteem and healthy relationships. We will spend time empowering and celebrating ourselves and discussing how loving and respecting ourselves can lead to meaningful and fun relationships with our family, friends, and potential dates. Please note this program runs in the summer.

Service Delivery Options

DSRF provides a variety of service models. We work with you to find the service delivery option that best meets your child and family's needs. Options include:

Individual (1-1) Direct Service: Individual one-to-one therapy, working directly with a therapist or teaching

Individual (1-1) Parent Coaching: Therapists and teachers work with parents to upskill and empower them to be effective language facilitators for their child

Individual (1-1) Consultation: Consultations are a valuable way for parents and supporters to stay connected and troubleshoot any issues that are arising

Group Programs: We offer a range of groups throughout the year for both students and parents.

Frequency + Duration

The frequency and duration of services will be dependent on the client's goals, current functioning, medical status, and family situation. Typically, all new referrals for individual (1-1) services will involve a one-time initial intake meeting lasting 90-minutes. Direct therapy and education sessions typically occur weekly for 45-minutes. Depending on the service delivery option chosen, monthly or bi-weekly sessions may be more appropriate. Personalized options for frequency and duration can be discussed in the initial intake meeting.

Location

Most of our individual and group sessions take place at DSRF's main hub in Burnaby. All individual services are also available through teleservice.

Cost + Billing Structure

Sessions are billed once monthly. Depending on the funding model, you will receive an invoice for any monies owing and/or organizations will be billed directly.

To view our current fee schedule, visit our [Individual Services](#) webpage and click the Fee Schedule link in the right sidebar. Pricing for each service can also be found on the information page for that service.

Initial Intake Meeting

This one-time meeting will occur before new clients begin receiving services at DSRF. The meeting will be approximately 1.5 hours and is designed for parents or caregivers to attend without children. Adult clients, however, are encouraged to take part in this meeting, where we will go over case history, goal setting and any other questions or concerns that arise.

Individual Session Fees

Session fees include assessment, program design, material preparation for both in-class and take home, modelling for other members of the student's support team, and charting the course for continued progression.

Progress Reports

Your therapist or teacher will discuss reporting with you. Reports will be billed based on your specific needs. Your therapist or teacher can advise of an approximate cost.



Funding

Sessions can be paid for either privately, or by utilizing eligible funding options. If you are unfamiliar with the funding options available to you, please let a DSRF staff member know prior to your intake meeting so we can provide you with further details. There are several organizations that provide funding to our clients and each organization has its own criteria for funding approval. Some of the most common funding sources include:

- **DSRF Financial Assistance:** Families who are not eligible for other grants or subsidies and are experiencing severe financial hardship may apply for financial assistance from DSRF to supplement the cost of therapy
- **DSRF COVID-19 Financial Assistance**
- **At Home Program (Ministry of Child & Family Development):** for children with severe disabilities or complex health care needs
- **Autism Funding Unit (Ministry of Child & Family Development):** for children with an additional diagnosis of Autism Spectrum Disorder
- **Variety, the Children's Charity:** grants for low-income families of children with disabilities
- **CKNW Kids' Fund:** grants for low-income families of children with disabilities
- **Community Living British Columbia (CLBC):** funding for adults with disabilities
- **Private health care / Extended Health:** families who have access to private health care may choose to utilize this funding for part or all their sessions
- **Self-Design/ Homeschool Funding**
- **Self Pay**

Additional Resources

DSRF offers you a variety of leading, useful Down syndrome resources, including:

Workshops & Webinars: The Down Syndrome Resource Foundation is pleased to host a number of conferences and workshops throughout the year, of interest to parents and professionals alike.

The LowDOWN: A Down Syndrome Podcast: The LowDOWN brings a professional perspective on issues facing individuals with Down syndrome and their loved ones. Hosts Marla Folden and Hina Mahmood of the Down Syndrome Resource Foundation welcome North America's leading Down syndrome experts, parents, and self-advocates to cover topics from across the lifespan including health, physical and intellectual development, advocacy, employment and much more.

3.21: Canada's Down Syndrome Magazine: A joint publication of the Down Syndrome Resource Foundation and Canadian Down Syndrome Society, 3.21 brings the expertise of Canada's leading Down syndrome experts, along with parents and self-advocates, direct to your inbox four times per year.

Learn At Home Lessons: Throughout the COVID-19 crisis, DSRF's team of Down syndrome specialists will be sharing all kinds of learn-from-home suggestions and exercises to empower parents to work on essential skills with children and adults with Down syndrome. Continue to check our website for the latest entries!

Video and Digital Resource Library: Visit [DSRF.org](https://www.dsrff.org) to find a wealth of videos and information, organized by topic.

