



Down Syndrome Association of Greater St. Louis

benefiting the lives of people with Down syndrome and their families through individual and family support, education, public awareness and advocacy

Sharing Our Strategies: Awareness & Inclusion

What is inclusion? By definition, it is the action or state of including or of being included within a group. Inclusion can come in many forms – education, social, and recreation are a few examples. For individuals with disabilities, inclusion may present challenges, but many studies have shown the benefits of including individuals with disabilities. The level of inclusion that each individual is comfortable with may vary based on diagnosis, medical needs and personal preference. A variety of settings and support systems can create an inclusive environment for individuals of all abilities.



Inclusive Education –the practice of welcoming, valuing, empowering and supporting diverse academic and social learning among students of all abilities

-Inclusion Works! (Information and Inspiration): <http://www.ndscenter.org/wp-content/uploads/Inclusion-Works-Parts-1-and-2.pdf>

-The National Down Syndrome Society has created a website dedicated to information on education, employment and community:<http://morealikethandifferent.com/>

-A Summary of the Evidence on Inclusive Education: http://www.nads.org/wp-content/uploads/2017/06/A_Summary_of_the_evidence_on_inclusive_education.pdf

-Education Resources from the DSAGSL: <http://dsagsl.org/resources/education-resources/>

-Resources in our library: <http://opac.libraryworld.com/opac/standard.php>



Sometimes the first step is knowledge. Here are some resources for educators and parents



More Alike Than

Different:<https://www.youtube.com/watch?v=jaFckI3PG3c>

Just Like You – Down Syndrome:<http://www.justlikeyou-downsyndrome.org/>

DSAGSL Down Syndrome Education Specialist Program offers a two day bootcamp and a four day workshop. Check them out:<http://dsagsl.org/programs/education-programs/>

Our Community Ambassador program was created to help our schools and community learn about Down syndrome. We have presentations on a variety of topics for students, educators, and caregivers. Please contact andi@dsagsl.org to schedule a presentation. Want to become a community ambassador? Out of the greater St. Louis area? Contact Andi for help in doing your own presentation.



National Inclusive Programs

Best Buddies –

<https://www.bestbuddies.org/> Their mission is to create opportunities for one-to-one friendships, integrated employment and leadership development

for people with intellectual and developmental disabilities.

The DSAGSL has a partnership with Maryville University. Adults with Down syndrome can gain true, meaningful friendship. To be part of this, sign up: <https://www.bestbuddiesonline.org/>

There are also many area schools that have a Best Buddies or similar program.

Sparkle Effect - <https://www.thesparkleeffect.org/> nonprofit organization that helps students nationwide create middle school, high school and college cheer and dance teams that bring together students with and without disabilities.



Inclusive Recreational Programming

Check your local YMCA for their Inclusion Services which may include activities and camp programs.

Jewish Community Center - The J welcomes children and adults of all abilities. Friendship and enrichment programs are available for both children and adults with disabilities.

Many recreation centers have staff that is responsible for facilitating the inclusion of people with disabilities into their recreation programs.

Recreation Council: <http://www.recreationcouncil.org/> - (Greater St. Louis area)
The Council works to ensure that individuals with disABILITIES are aware of and have access to activities and programs of their "choice."

Special Recreation Associations Network of Illinois: <http://www.specialrecreation.org/>

