



Calgary Down Syndrome Association



Supporting individuals with Down syndrome
and their families

Who We Are

Ups and Downs is a registered, not-for-profit organization for individuals with Down syndrome, their families and friends. Our vision is a future where all individuals with Down syndrome and their families feel supported and connected in a community that fosters an environment of acceptance.



Our goals

- Creating opportunities for families of people with Down syndrome to come together on a regular basis to share experiences and exchange information.
- Advocating on behalf of people with Down syndrome for their rights as individuals.
- Promoting the acceptance and inclusion of people with Down syndrome in our society, thereby allowing them to attain their maximum developmental potential.
- Gathering and disseminating up-to-date information about Down syndrome to our members, health care professionals, educational professionals and the general public.
- Fostering and maintaining links with other groups interested in improving the quality of life for individuals with Down syndrome.
- Providing resources, programs and activities for our membership.





Our mission is to be a vibrant family support group that enriches the lives of individuals with Down syndrome and their families by providing a network of resources, sharing common experiences, learning together, and creating awareness in the broader community.

Activities, Services and Outreach Programs

Visiting Parents

Member parents visit with families of newborns with Down syndrome, to provide support and information.

Teen and Young Adult Program

The activities we offer help teens and young adults with Down syndrome to build friendship networks. We also organize an annual one-day youth conference. Past sessions have included guest speakers, arts and crafts, yoga classes and personal safety and etiquette workshops.

Social Events

Our social program includes family barbecues, picnics, camping, dinners and other special group outings hosted by Ups and Downs throughout the year.

Fundraisers

Fundraising activities include our annual Street Meet walk, golf tournament, mailing campaign, and casino night.

Grants

In addition to grants to individual members to support participation in community activities, Ups and Downs also sponsors members to attend national conferences and workshops.

Conferences

Each year Ups and Downs hosts the Wonder Years Conference for new parents to connect, receive support and acquire specialized information about raising a child with special needs.

Resource Library

Our collection includes books, magazines and DVDs available for loan to all members.

Newsletter

Getting Up on Down Syndrome, our bi-monthly newsletter, is distributed to all members.

To learn more about events and programs, please visit us online: www.upsdowns.org

Down Syndrome Facts

Down syndrome occurs when an individual has extra genetic material associated with the 21st chromosome. There are three types of chromosomal patterns that result in Down syndrome: trisomy 21, translocation and mosaicism. 95% of all people with Down syndrome have trisomy 21, which means they have an extra 21st chromosome: a total of 47 chromosomes, instead of the usual 46.



- In Calgary and Southern Alberta, around 30 children with Down syndrome are born each year.
- Down syndrome is the most common chromosomal disorder, occurring in approximately one of every 800 births.
- Down syndrome is not related to race, nationality or socio-economic status.
- Contrary to popular belief, 80% of all babies born with Down syndrome are born to women under the age of 35, as these are the child bearing years.
- It is also important to note that nothing the mother did or did not do during pregnancy caused Down syndrome to occur.



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