

Lower Mainland Down Syndrome  
Society  
New Parent Package



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Our New Parent Package provides helpful information and resources regarding Down Syndrome to families and professionals who support families.

The Lower Mainland Down Syndrome Society  
#481-13320 -78<sup>th</sup> Ave  
Surrey, BC  
V3W 0H6

[www.lmdss.com](http://www.lmdss.com)

<http://www.facebook.com/pages/Lower-Mainland-Down-Syndrome-Society/331362230986>

Ph: 604-591-2722

Fax: 604-591-2730

Email: [info@lmdss.com](mailto:info@lmdss.com)

LMDSS has information on Down Syndrome in over 20 languages. If you speak a different language, or if English isn't your first language, please contact LMDSS for additional resources

Dear New Parent:

Congratulations on your new baby!

Bringing a child into the world is a brave, extraordinary, memorable and rewarding experience. Every parent and family are unique and there are many different ways to celebrate.

Being a new parent involves acceptance, love, patience, and support, and not just from you, but also from family members, friends, and the community.

Hearing that your baby has Down syndrome may be surprising and can stir many positive and negative attitudes, emotions, feelings. This is okay. This is normal. You may feel afraid, angry, anxious, frustrated, apprehensive, confused, and lonely, among many other things. Acknowledging and accepting these feelings is important. Equally important, is to gain knowledge and information about your baby and about Down syndrome.

Down syndrome occurs at conception: while all chromosomes are supposed to be replicated twice, Down syndrome occurs when chromosome 21 is replicated three times. Although the incidence of Down syndrome increases with maternal age, the majority of cases are born to mothers under age 35. People with Down syndrome have some physical, intellectual, and developmental delays. Physical characteristics may include slanted eyes, a single crease on their hands, low muscle tone, small stature, and small facial features. They may also have some medical problems, the majority of which can be cared for or resolved. Although your child has Down syndrome, like all children, he or she is unique and will vary considerably from other children both with and without Down syndrome.

This booklet is specifically designed for new parents of children with Down syndrome. It is meant to provide information, support, contacts, and resources. Each parent will want varying amounts of different information and resources. We, at the Lower Mainland Down Syndrome Society, hope that this booklet will provide some benefits to new families.

Again, congratulations on your newest addition.

The Lower Mainland Down Syndrome Society

## A New Parents Story

### **He doesn't just have his mother's heart-shaped face**

### **Our baby has Down syndrome, but my grief subsides as I hold his chubby hand.**

By SUE ROBINS

I gave birth to my baby boy, and he was beautiful. He was the product of a second marriage for both of us, evidence that broken people can heal. He symbolized hope and joy. He was our love child.

His birth was everything I wanted. No interventions, no medications, a baby who slipped out naturally after a few pushes to meet his parents. Even in the late stages of labour, Mike and I were giddy with excitement in between each contraction. "The baby is coming," Mike kept saying, and I would grin and nod and kiss my love before another wave of contractions pulled me back under.

We took him home after 10 hours, and he was all wee jaundice-yellow. He was a quiet, soft, sleepy baby with a sweet mop of hair on top of his head. His round face was mine, and his eyebrows were blond. He was our little peanut, our button. His dad and I fell deeply in love with him.

Then the dark clouds started to settle in. At the end of his two-week checkup at the clinic, the doctor hesitated. I could tell he wanted to say something.

"Do you remember we talked about prenatal testing?"

Yes, I had. I had declined the testing. I knew I'd carry my baby to term no matter what.

I looked him straight in the eye, and took a deep breath. "Are you trying to tell me that our baby has Down syndrome?"

Retrospect is such an easy thing. I had not forgotten the day after Aaron's birth, when I had gotten up after a long night of scrutinizing my boy and typed "Down syndrome" in the Google search engine. I had broached the subject with Mike, and he had scoffed at me for being paranoid. Then I had asked the public health nurse later that day if she thought Aaron had Down syndrome.

"Yes," she had said gently, but then she had inspected the palms of his hands and his toes and concluded that he had a heart-shaped face like his mom, and eyes like his dad – that's all. No other signs. So we filed away this scare in the back room of our heads and carried on. Whew. That was a relief.

But when the doctor mentioned the prenatal testing, I knew. I could hear my heart beating in my ears. I was holding onto my baby for dear life. "Oh," I said. "Can I use my cell phone here?" I had to phone Mike, immediately.

I don't recall our conversation. I am sure I sounded as if I was being strangled – and, in a way, I was. I do know that I sat in that examining room, nursing Aaron until Mike arrived. I don't cry easily and there was a choked bundle of tears sitting just beyond my throat. I remembered to breathe.

Mike wanted to carry Aaron over to the lab in the hospital. He wouldn't put him in his stroller, and he marched proudly through the hospital corridors cradling his son. It was as if he was saying. "I'm looking after my boy, no matter what!" They drew blood from Aaron's little arm. Mike and I didn't talk much – I felt sick as the needle went in and Aaron gave a cry of protest. We had to wait two long weeks for the result.

We were back at home. Aaron was napping in his car seat. The day was beautiful mid-April, sun streaming out of the prairie sky. We sat on the balcony of our house, watching Aaron sleep. Discussed how our doctor was wrong, how he was too inexperienced, how he had surely misdiagnosed.

There was a waft of music coming from the house across the alley. I strained to make out what song it was – it was coming from an open bedroom window. A young man lived there with his parents. He had a rare chromosome deficiency and is one of the few people with such a condition to be alive. He wasn't expected to live beyond a year old, but there he was, 20 years old, blasting music out of his window.

The song finally became clear. It was a song from my memory of junior high school dances. Our neighbour was playing ABBA's *Take a Chance on Me*.

The results came back after the two weeks. And yes, our baby has Down syndrome. The deep chasm of grief seemed endless when we found out that the baby we expected was not the baby we received.

But slowly the sun peeked out from behind those clouds, and I was able to get out of bed and go about my business. My baby, now two years old, did not allow me to stay stuck in the grief.

Instead he holds out his chubby little hands and we trundle down the sidewalk, both delighting in this warm fall day. My ABBA-playing neighbour is outside as we pass his house, and his face lights up as I greet him by name. Take a chance on us, indeed.

*Sue Robins lives in Edmonton  
(originally published in the Globe and Mail)*

## Welcome To Holland

By Emily Kingsley

I am often asked to describe the experience of raising a child with a disability-to try to help people who have not shared that unique experience to understand it, to imagine how it would feel. It's like this...

When you're going to have a baby, it's like planning a fabulous vacation trip to Italy. You buy a bunch of guidebooks and make your wonderful plans. The Coliseum. The Michelangelo David. The gondolas in Venice. You may learn some handy phrases in Italian. It's all very exciting.

After months of eager anticipation, the day finally arrives. You pack your bags and off you go. Several hours later, the plane lands. The flight attendant comes and says, 'Welcome to Holland'.

'Holland?' you say. 'What do you mean, Holland? I signed up for Italy. I'm supposed to be in Italy. All my life I've dreamed of going to Italy.'

But there's been a change in the flight plan. They've landed in Holland and there you must stay.

The important thing is that they haven't taken you to a horrible, disgusting, filthy place, full of pestilence, famine and disease. It's just a different place.

So, you must go out and buy new guidebooks. And you must learn a whole new language. And you will meet a whole new group of people you would never have met.

It's just a different place. It's slower-paced than Italy, less flashy than Italy. But after you've been there for a while and you catch your breath, you look around, and you begin to notice that Holland has windmills, Holland has tulips, Holland even has Rembrandts.

But everyone you know is busy coming and going from Italy and they're all bragging about what a wonderful time they had there. And for the rest of your life you will say, 'Yes, that's where I was supposed to go. That's what I had planned.'

And the pain of that will never, ever, ever go away, because the loss of the dream is a very significant loss.

But if you spend your life mourning the fact that you didn't get to Italy, you may never be free to enjoy the very special, the very lovely things about Holland."

## Information on Down syndrome

There are many misconceptions, outdated information, lack of awareness, and stereotypes about people with Down syndrome. It is important to educate yourself, family, and friends, and to recognize misconceptions from the truth.

- Down syndrome is a naturally occurring event that happens during chromosomal replication during pregnancy. It is the most commonly occurring genetic condition.
- Down syndrome is not a disease, disorder, defect, or medical condition. It is inappropriate to refer to someone with Down syndrome as “suffering from” or “afflicted with” Down syndrome.
- People with Down syndrome having mild to moderate cognitive delays, varied learning styles, and developmental delays. Physically, they often have low muscle tone, small stature, upward-slanted eyes, and a single palm crease on their hands. Although these are typical physical characteristics of people with Down syndrome, they do continue to resemble their parents and family members. They are predisposed to developing certain illnesses and medical conditions, and also have a lowered risk of developing other certain illnesses and medical conditions.
- There are more similarities than differences between typical children and children with Down syndrome. Like all babies they need love and nourishment. They will develop the full repertoire of emotions and attitudes, and will grow, learn, develop at their own rate.
- There are many community support groups across Canada for parents of children with Down syndrome. They can provide information, support, contacts, referrals, and resources.
- Babies with Down syndrome need health care, a rich and stimulating environment, positive social support from family and friends, and a quality education. Early intervention is crucial for the development of people with Down syndrome. In the early years, children are undergoing rapid and significant changes and are developing basic physical, cognitive, language, and social skills that are necessary for future development. Early intervention helps maximize this development by incorporating physical therapy, speech and language therapy, and occupational therapy through activities and exercises.

## Health Issues and Down syndrome

Remember that individuals with Down syndrome can have either a lower or higher incidence of certain health issues. Below is a list of some lower or higher health issues. Almost all these issues can be medically managed.

Possible health issues:

- AAI: Atlantoaxial Instability
- Acid reflux
- Alopecia
- Alzheimer's disease
- Autism
- Celiac disease
- Childhood leukemia
- Congenital heart defects
- Constipation
- Get screened for misalignment between the C1 and C2 vertebrae
- Hearing problems
- Low muscle tone
- Respiratory problems
- Thyroid abnormalities
- Vitamin B12 deficiency
- Weight management difficulties

Books:

- Medical & Surgical Care for Children with Down Syndrome: A Guide for Parents edited by: D.C. Van Dyke, M.D., Philip Matheis, M.D., Susan Schoon Eberly, M.A., and Janet Williams, R.N., Ph.D.
  - Excellent book, available from the LMDSS lending library or from your local outreach worker

Visit the following websites for current and accurate information as well as resources for you and your family doctor.

<http://cdss.ca/resources/health/>

<https://www.dsmig.org.uk/>

<http://www.ds-health.com/>

<http://www.ndss.org/about-down-syndrome/publications/>

<https://www.healthychildren.org/English/health-issues/conditions/developmental-disabilities/Pages/Children-with-Down-Syndrome-Health-Care-Information-for-Families.aspx>

[www.dsmig.org.uk/information-resources/personal-child-health-record-pchr/](http://www.dsmig.org.uk/information-resources/personal-child-health-record-pchr/)

[www.cdc.gov/ncbddd/birthdefects/downsyndrome/growth-charts.htm/](http://www.cdc.gov/ncbddd/birthdefects/downsyndrome/growth-charts.htm/)



## The “To-Do’s:” a Checklist for New Parents

- ❖ Contact your local Ministry of Children and Family Development (MCFD) regional office (<https://www2.gov.bc.ca/gov/content/family-social-supports/data-monitoring-quality-assurance/find-services-for-children-teens-families>) and get a social worker (also known as a facilitator).
- ❖ Contact your local Infant Development Program (IDP) and be put on a waitlist
- ❖ Contact your local Supported Child Development Program and be put on a waitlist
- ❖ Get a Social Insurance Number (SIN) for your child
- ❖ Find a good pediatrician (a referral can be made by your family Dr. or medical clinic)
- ❖ Keep receipts for any medical, respite, or support services for tax time
- ❖ Contact the Lower Mainland Down Syndrome Society for support
- ❖ Meet with an LMDSS Outreach Support Worker
- ❖ Attend a Parent Networking Group
- ❖ Connecting with other parents who have children with Down Syndrome can be particularly helpful. You may get to know other parents from schools, daycares, or community programs, and you may find online support and contacts just through a Google search. Here are some resources to help you get started:  
Message board: [www.downsyn.com](http://www.downsyn.com)  
Chat group: [downsyndromecanadianparents@yahoogroups.com](mailto:downsyndromecanadianparents@yahoogroups.com)  
Blogs: [www.kellehampton.com](http://www.kellehampton.com) ; <https://raisingpaige.wordpress.com/>



## Lower Mainland Down Syndrome Society

The Lower Mainland Down Syndrome Society was established in 1989 by a group of concerned parents and families. Our head office is in Surrey, BC, and we have contacts throughout BC and Canada. Below is our Mission Statement and some more information on who we are and what we do.

### **LMDSS Mission Statement**

#### ***We Believe in Opportunities***

***Our members believe that individuals with Down Syndrome are capable of full participation in society and should be given the opportunity to develop their potential.***

***To make this mission come to life, the Lower Mainland Down Syndrome Society aims to:***

- 1. Provide information, support, and resources to individuals with Down Syndrome in BC and their families***
- 2. Provide information about Down Syndrome and resources to people and organizations who support individuals with Down Syndrome and their families***
- 3. Advocate that governments and appropriate agencies provide the special resources often needed by individuals with Down Syndrome and their families***

More specifically, LMDSS has:

#### **Outreach Parent Support Group Information**

LMDSS provides a network of outreach workers throughout the province that meet with and provide support to new parents and families of children with Down syndrome. These outreach workers are parents themselves of individuals with Down syndrome, and have experience, training, and resources to provide support and information to new parents. Please contact the LMDSS if you would like to talk with an outreach worker and become involved in this program.

#### **Culture and Language**

LMDSS has information on Down syndrome in over 20 languages. If you speak a different language, or if English isn't your first language, please contact LMDSS for additional resources.

#### **New Babies**

LMDSS provides New Parent packages to families, hospitals, and other professionals, we also welcome new babies by preparing baby baskets and visiting them in their home.

**Support Groups**

LMDSS supports families by establishing and running Parent Networking Groups, a Youth Group, and an Adult Connection Group. From time to time there are professional speakers at these meetings.

**Research and Advocacy**

LMDSS provides resources (books, videos, teaching tools), both in office and online, resources referrals, and provides information for research projects.

For a more complete list, please visit our website at [www.lmdss.com](http://www.lmdss.com)



## Other Organizations of Interest

### **Bethesda Christian Association**

- Support group for families of children and adults with a developmental disability. Meetings are held the last Tuesday of each month (does not meet June, July, August) from 11:00 am – 12:30 pm. At Mephi's Place 3260 Gladwin Rd., Abbotsford. For more information: Contact Joyce Vander Hoek at 604-850-6604.

### **British Columbia Association of Community Living**

227 6<sup>th</sup> Street, New Westminster, BC V3L 3A5

Phone: (604) 777-9100 Toll-free: 1-800-618-1119

Fax: (604) 777-9394 Email: [info@bcacl.org](mailto:info@bcacl.org) website: [www.bcacl.org](http://www.bcacl.org)

- The BC Association for Community Living (BCACL) is a federation working with partners to build community and to enhance the lives of children, youth and adults with developmental disabilities and their families by supporting abilities, promoting action and advancing rights, responsibilities and social justice. They have advocacy support which they help connect you with resources in your community and standing by your side as you advocate for the services you need. Visit <http://www.inclusionbc.org/advocacy-support> for more information.

### **Canadian Down Syndrome Society**

283 – 5005 Dalhousie Drive N.W. Calgary, AB T3A 5R8

Phone: (403) 270-8500 Toll-free: 1-800-883-5608

Fax: (403) 270-8291 Email: [info@cdss.ca](mailto:info@cdss.ca) website: [www.cdss.ca](http://www.cdss.ca)

- The CDSS is a national non-profit organization providing information, advocacy, and education about Down syndrome. The CDSS support self-advocates parents, and families through all stages of life. Their mission is to ensure equitable opportunities for all Canadians with Down syndrome. This means, to make sure all Canadians with Down syndrome have the right supports to give them the same opportunities as everyone else. It provides up-to-date information, publications, resources, and new parent packages, and networks with over 50 Down syndrome groups.

### **Down Syndrome Resource Foundation**

1409 Sperling Avenue, Burnaby, BC V5B 4J8

Phone: (604) 444-3773 Toll-free: 1-888-464-3773

Fax: (604) 431-9248 Email: [info@dsrf.org](mailto:info@dsrf.org) website: [www.dsrf.org](http://www.dsrf.org)

- The Down Syndrome Resource Foundation was established in 1995 to ensure a brighter future for individuals with Down syndrome and other developmental disabilities by increasing their cognitive and social development. Our goals are to provide relevant, reliable and timely information on the latest educational programs for people of all ages with Down syndrome and other cognitive disabilities.

### **Family Support Institute**

227 6<sup>th</sup> Street, New Westminster, BC V3L 3A5

Phone: (604) 540-8374 Toll-free: 1-800-441-5403

Fax: (604) 540-9374 Email: [fsi@fsibc.com](mailto:fsi@fsibc.com) website: [www.familysupportbc.com](http://www.familysupportbc.com)

- The Family Support Institute is a province-wide organization whose purpose is to strengthen, and support families faced with the extraordinary circumstances that come with having a family member who has a disability. We believe that families are the best resource available to support one another. Directed by families, the Family Support Institute provides information, training and province-wide networking to assist families and their communities to build upon and share their strengths. "Stop Hurting Kids: Parents Guide" - For keeping all children safe from restraint and seclusion in BC schools.

### **Fraser Valley Down Syndrome Society (FVDSS)**

- Holds parent evenings on the 2nd Thursday of the month from 7:30-9:00pm at the Plaza 154 on Ventura Ave. in Abbotsford. Please check the calendar for up-to-date information on speakers or time changes. Visit [www.fvdss.org](http://www.fvdss.org) or contact Sylvie (Abbotsford) 604-853-5563 or Jodie (Abbotsford) 604-755-0769 or email [info@fvdss.org](mailto:info@fvdss.org)

### **Ministry of Children and Family Development**

- The Ministry of Children and Family Development (MCFD) funds a range of programs and services for children and youth with special needs and their families. Services and supports are intended to promote children's healthy development, maximize quality of life, assist families in their role as primary caregivers and support full participation in community life. Visit [http://www.mcf.gov.bc.ca/spec\\_needs/index.htm](http://www.mcf.gov.bc.ca/spec_needs/index.htm) or speak with your social worker to learn more about the services they offer.

### **Mom's Break**

- A group for moms on similar journeys raising kids with special needs. Meet other moms of kids with special needs, get a drink, settle down and relax. We meet the 3rd Thursday of the month at 7:00 at Gourmet Gallery on Immel St., Abbotsford. For more information contact Krissy and Kulvinder at [abbymomsbreak@gmail.com](mailto:abbymomsbreak@gmail.com)

### **MSA Society for Community Living**

- MSA Society for Community Living – Support group for all families of individuals with a developmental disability. Meetings are held the 2nd Tuesday of each month from 10:00 – 12:00pm at 30686 Matsqui Place, Abbotsford. Contact Arlene Schouten at 604-556-0681 (office) or 604-855-3140 (cell)

### **Variety the Children's Charity**

- The Emergency Response Fund was created to address a crucial need for individual family financial support that was not otherwise being met by our medical and social support system. The Fund's primary guiding principle is to relieve families under extreme financial stress and emotional duress because of a child's medical condition. The Fund's goal is to assist in providing for needs of the child and his or her family through the provision of compassionate action and time-sensitive financial assistance, for any one of a wide variety of circumstances. Each family's circumstance is reviewed on a case-by-case basis, and a decision is rendered expeditiously. Phone: 604-320-0505 For more details check out their website [www.variety.bc.ca](http://www.variety.bc.ca) or email [lexa.betson@variety.bc.ca](mailto:lexa.betson@variety.bc.ca)

For more information on other specific organizations, please browse our Resources and Websites section.

## Programs

There are several programs available for children with special needs. For all programs and services, it is important to never assume someone else (i.e. social worker, doctor) has signed your child up and put their name on a waitlist. Always take responsibility to be your child's advocate and follow up yourself.

### At Home Program

The "At Home Program" (through the Ministry of Children and Family Development (MCFD)) assists parents with some of the extraordinary costs of caring for a child with severe disabilities at home through a range of health supports and services. It aids in two main areas:

- Respite Benefits allow parents to choose appropriate care options for their child and family.
- Medical Benefits provide a range of basic, essential medical items and services

To learn more about the program, visit

<https://www2.gov.bc.ca/gov/content/health/managing-your-health/healthy-women-children/child-behaviour-development/special-needs/complex-health-needs/at-home-program> or speak with your social worker.

### Infant Development Program

The Infant Development Program (IDP) serves children from birth to three years old who are at risk for, or who already have, a delay in development. Research indicates that early intervention positively impacts the development and educational gains of children and improves family functioning. The earlier the intervention, the more effective it is in substantially lowering the need for specialized services later. Research indicates that learning and development is most rapid in the preschool years and thus intervention should begin as early as possible to enhance the child's development. There are 52 IDPs throughout the province that are run by various organizations in each community.

IDP Consultants work with parents to provide a range of services to help children overcome developmental challenges. Participation in the program is voluntary and family centered. Infant Development Programs are available throughout British Columbia. As part of a range of services for children with special needs, IDP Consultants will also help link families with Supported Child Development, Early Intervention Therapy Program and/or Aboriginal Infant Development Programs, depending of the needs of each child.

To find a program in your area, visit <http://www.idpofbc.ca/idpbyregion.html> or speak with your social worker. Ask your local organization how the program works and what referrals you need, if any. If there is a waitlist, sign your child up or confirm your child is on the list and ask what options are available while you're on the waitlist (often you can still join the play group).

## Respite Care

Respite care is the provision of short-term, temporary relief to those who are caring for family members with special needs. Respite programs provide planned short-term and time-limited breaks for families and other unpaid care givers of children with a developmental delay to support and maintain the primary care giving relationship. Respite also provides a positive experience for the person receiving care.

Respite services can be obtained through:

- The At-Home Program (mentioned above; through MCFD; contact social worker) <https://www2.gov.bc.ca/gov/content/health/managing-your-health/healthy-women-children/child-behaviour-development/special-needs/complex-health-needs/at-home-program/at-home-program-respite-benefits>
- Private services

For more information on other specific programs, please browse our Resources and Websites section.

## Supported Child Development Program

The Supported Child Development Program (SCDP) is a community-based program that assists families of children with extra support needs to access inclusive child care that meets family needs. The program is intended to serve children from birth to 12, with services for youth 13 -19 years available in some communities. SCDP operates under the principles of inclusion and family-centered practices and uses a multi-disciplinary team approach. Parents may self-refer, or with parent consent, referral may come from other community service providers. SCDP professionals offer planning, assessment, training, resources and hands-on support to successfully include children with extra support needs in typical child care settings.



SCDP provides the following services to support children, families, and child care providers:

- Individual planning to promote each child's development
- Training and information for families and child care providers to help each child's development
- Resources such as books, toys and specialized equipment
- Referrals to other services such as therapists or specialists
- Where necessary, additional staffing to ensure that children may participate fully with their peers

To learn more about the program, visit <http://bc-cfa.org/programs-services/supported-child-development/supported-child-development/> . To find your local SCDP, visit <http://bc-cfa.org/contact/> or speak with your social worker. Again, call your local Centre, ask how their program works, if there is a waitlist and how to get on it (if not on already), what forms you need to fill out, how to get a worker, and what referrals you need, if any.



## Financial Considerations

### **RDSP** – Registered Disability Savings Plan

[www.rdsp.com](http://www.rdsp.com)

The Registered Disability Savings Plan is a savings plan designed specifically for people with disabilities in Canada. The first of its kind in the world, this plan includes a government grant and bond (depending on income), is in addition to most province income assistance benefits and is a long-term savings plan.

### **PLAN** – Planned Lifetime Advocacy Network

[www.plan.ca](http://www.plan.ca)

PLAN's mission is to help families secure the future for their relative with a disability and to provide peace of mind. PLAN's vision is simple: we want everyone to have access to a good life. Not surprisingly, a good life for people with disabilities is not very different from a good life for anyone else: friends and family who love them, a place of one's own, financial security, participating in decision making, and the ability to make contributions to society.

### **Taxes** – Personal Tax Credits and Medical Expenses, Disability Tax Credit Certificate

[www.cra.gc.ca/forms](http://www.cra.gc.ca/forms)

[www.cra.gc.ca/disability](http://www.cra.gc.ca/disability)

[www.cra.gc.ca/benefits](http://www.cra.gc.ca/benefits)

There are tax credits available to individuals with disabilities and families that are raising them. LMDSS has a CGA contact that prepares a tax and accounting information package annually for families with a member with a disability. Please contact them for a current package or for more information.

### **\*Tips\***

- Keep medical receipts together for tax time
- Keep in regular contact with your doctor, who will be filling in many forms, not just tax-related

## Resource Guide - Birth to One Year Age Group

If you know of other resources for parents that are not on this list please email us at [info@lmdss.com](mailto:info@lmdss.com), so they can be added.

### **B.C. CENTRE FOR ABILITY, SPEECH, AND LANGUAGE THERAPY**

Serves children and adults ages 0 to 21 with disabilities. For more details call 604-451-5511 or visit [www.centreforability.bc.ca](http://www.centreforability.bc.ca)

### **CANADIAN DOWN SYNDROME SOCIETY - BREAST FEEDING BROCHURE**

Breastfeeding a Baby with Down syndrome: Not all parents will breastfeed, but if you want to and are able to, this booklet provides techniques for breastfeeding a baby with Down syndrome: <http://cdss.ca/wp-content/uploads/2016/05/CDSS-Breastfeeding-a-Baby-With-Down-Syndrome-ENGLISH.pdf>

### **THE CENTRE FOR CHILD DEVELOPMENT PROGRAM**

They provide medical referrals, assessments, communication therapy, occupational therapy, physiotherapy, integrated preschools, psychology services, recreation therapy, and specialty services such as an eating skill team, an equipment team, a casting and splinting team, equipment and toy loan program and a technical services department that creates and adapts equipment. To get more details call 604-584-1361.

[www.centreforchilddevelopment.ca](http://www.centreforchilddevelopment.ca)

### **CHILDREN'S MEDICAL EQUIPMENT RECYCLING & LOAN SERVICES**

To get help with equipment that your child might need. For more details you can call 604-709-6685 or email [pbarrett@redcross.ca](mailto:pbarrett@redcross.ca)

### **EARLY INTERVENTION & PREVENTION - Public Health, Chilliwack, B.C.**

Speech language, pathology, audiology, nutrition and dental health. Please visit <http://www.fraserhealth.ca/find-us/public-health-units/> or call 1-604-702-4900 for more information.

### **FRASER VALLEY CHILD DEVELOPMENT CENTRE**

Serving families in Abbotsford, Mission, Agassiz, Chilliwack, Hope, the Fraser Canyon, and the surrounding communities. Visit [fvcdc.org](http://fvcdc.org)

### **LEISURE CARD ACCESS (PARKS AND RECREATIONAL CENTRES)**

Enquire at your local community recreation Centre. An individual who requires support can purchase this card and the support worker will be able to access the services free of charge when accompanied by the individual needing assistance. There is sometimes a "Moms and Tots" swimming program for age group of 6 months to 18 months.

**PRESIDENT'S CHOICE**

The President's Choice Children's Charity is dedicated to helping children who are physically or developmentally challenged. Check out the website for details.

<http://www.presidentschoice.ca/LCLOnline/aboutUsCharity.jsp>

**REACH CHILD AND YOUTH DEVELOPMENT SOCIETY**

Reach Child and Youth Development Society is a non-profit society that has been providing services to children and their families since 1959. Go to

[www.reachdevelopment.org](http://www.reachdevelopment.org)

**TAX CREDITS MAY BENEFIT FAMILIES OF PEOPLE WITH DISABILITIES**

Medical expenses, travel expenses, moving expenses, fees paid to a group home, therapy, tutoring or talking textbooks, building or renovating costs, additional person amount, caregiver and infirm dependents tax credits, new rules for disability tax credit, child care expenses, attendant care expenses, home owner grant. For more details call 1-800-959-8281 or go to the web page at [www.cra.gc.ca/disability](http://www.cra.gc.ca/disability).

**THE VANCOUVER SUN CHILDREN'S FUND**

Assists children and youth all year round. They are located at Suite 1, 200 Granville St, Vancouver, B.C. 604-605-2426.

**CAR SEAT INFORMATION:**

For basic information – <https://www.tc.gc.ca/en/services/road/child-car-seat-safety.html>

**BREASTFEEDING INFORMATION:**

For information on breastfeeding go to – <https://cdss.ca/wp-content/uploads/2016/05/CDSS-Breastfeeding-a-Baby-With-Down-syndrome-ENGLISH.pdf>

**TOP TOYS FOR BABIES WITH DOWN SYNDROME:**

For information on the top toys for children born with Down Syndrome go to – <https://www.parents.com/baby/health/down-syndrome/toys-for-babies-with-down-syndrome/>

**For further resources for ages 2+, contact the Lower Mainland Down Syndrome Society.**