



2023-
2024

Strategic Plan

Mission

Our mission is to change what's possible for people with Down syndrome.

We do this through:

01



Programs

to propel people with DS
to their full potential.

02



Resources

to support families
at every stage of life.

03



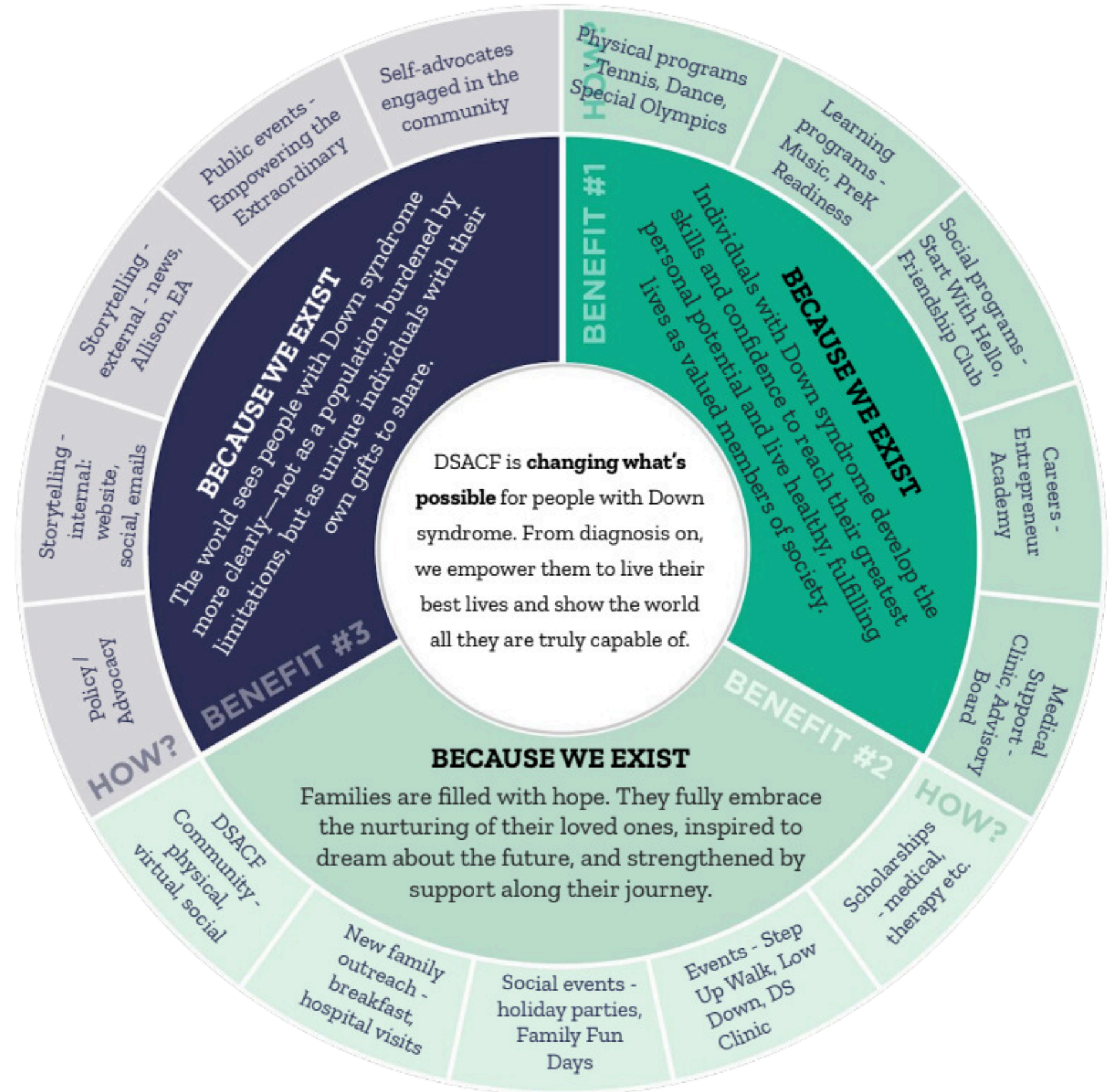
Advocacy

to promote inclusion and protect
the rights of people with DS.

THE STORY COMPASS CLARIFYING PURPOSE, IMPACT AND ACTION



Developed through a collaborative process involving the Board of Directors, family feedback and a survey of families, the Story Compass articulates DSACF's guiding purpose, why our organization exists, and the benefit we aspire to provide to our families and community. This compass guides how the DSACF story is told internally and externally, as well as how our team thinks about the future of the institution, and identifies their goals and actions moving forward.





Background

The board of directors of the Down Syndrome Association of Central Florida are mindful of the mission that has been entrusted to our care. In every way possible, we seek to help, empower, support and engage individuals with Down Syndrome and those who love them. We strive to maintain a vision of the future in which the entire Central Florida community embraces, supports and inspires people of all abilities to live full lives. People with Down Syndrome ought to have access to the same quality-of-life standards as typically developing citizens. The diagnosis of Down syndrome should not signal a sub-standard quality of existence for children and adults alike.

To meet this vision, we have outlined a very specific set of goals that the Down Syndrome Association of Central Florida views as aspirational, yet achievable and sustainable.



Identified Priorities



Connecting

The DSACF community is a lifeline. How can we bring people together to make friends, have fun and foster relationships within our community?



Educating and Empowering Families

Caretakers, siblings, and family members face challenges every step of the way. How can we make DSACF their first step for knowledge, resources and support?



Lifelong Support

People with Down syndrome are living longer than ever. How can DSACF better support and empower our families throughout the continuum of life? DSACF is committed to increasing opportunities to increase the quality of life for adults with Down syndrome.



Health and Wellness

Families face medical challenges throughout this journey. How can we better support and care for the community from diagnosis through adulthood and aging?



Facilities

DSACF is committed to investing in great spaces that will foster community connections, enable robust programming and accommodate our growing community's immediate and future needs.



Connecting

Goal

Create opportunities for partnerships that promote the health and well being of our participants and families through all stages of life.

Action Steps for Exploration and Potential Implementation

- Revise methods of communications to better support families
- Create an bi-annual calendar of programs
- Create county specific programs and partnerships
- Plan and implement a family retreat
- Create small groups to foster deeper relationships amongst subsets within the community, such as Spanish speaking families, dual diagnosis families, age specific groups, etc.
- Provide opportunities for child care or increased volunteer support for parents at programs and special events

Educating and Empowering Families

Goal

Increase opportunities for the whole family to gain tools and resources to support themselves and their loved one with DS.

Action Steps for Exploration and Potential Implementation

- Become an information hub for parents, including referrals to other service providers, education materials, etc.
- Enhance the resources section of the DSACF website to be a comprehensive tool for parents to find information on a variety of topics that are related to or relevant to disabilities and the Down syndrome community
- Research, vet and share tools from other organizations or providers that can assist our families
- Increase prenatal/postnatal outreach
- Create opportunities to catch or engage new families moving to our area
- Create tools and resources for parents that help with the most common or pressing concerns parents struggle with (ie. medical binders, puberty packs, etc.)
- Create tools and resources for siblings to use to support their loved one with DS
- Create tools and resources for new caretakers (i.e. family members taking over guardianship) to use as they transition into their role as guardian





Lifelong Support

Goal Increase programs that serve the adult and aging population of people with DS and their caregivers.

Action Steps for Exploration and Potential Implementation

- Develop or outsource programs that provide independent living and/or life skills for the adult and teen population
- Create partnerships with other local organizations to provide consultation, education or programming to support continued education in our population past high school
- Create on-going opportunities for adults to practice social skills, on-going learning and extracurricular activities to slow regression and enhance lives, post-secondary education

Health & Wellness

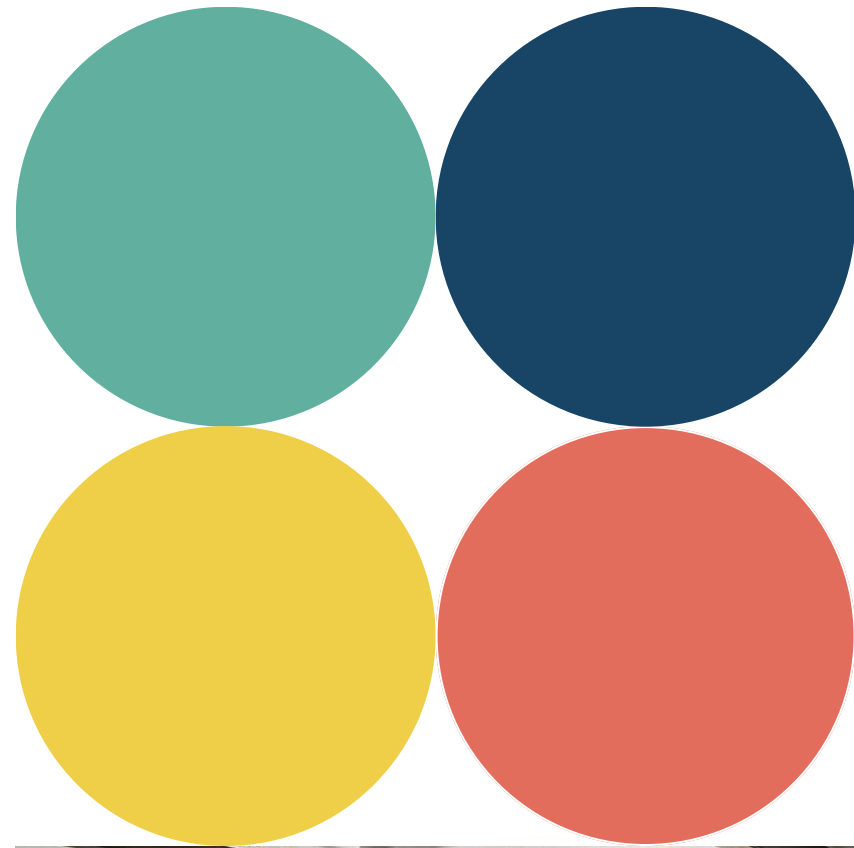
Goal

Create opportunities for partnerships that promote the health and well being of our participants and families through all stages of life.

Action Steps for Exploration and Potential Implementation

- Develop or outsource programs that promote healthy living for adults with DS
- Create partnerships with other local organizations to provide consultation, education or programming to support health, wellness and aging
- Create on-going opportunities for adults to practice healthy eating, habits or living practices
- Create opportunities for caregivers to engage in on-going learning about how to promote a healthy lifestyle for their loved one with DS
- Gather and disseminate information that supports healthy living and aging in adults with DS





Facilities

Goal

DSACF will perform a needs assessment of our facility and if appropriate, invest in new or improved facilities to accommodate our community's growth.

Action Steps for Exploration and Potential Implementation

- Create a facilities committee to assess the suitability of our existing facility
- Generate a facilities plan(s) that details the size and types of spaces the organization needs to fulfill its mission
- Ensure that any future facilities not only fulfill programs needs, but are also safe for children, have adequate parking, and is easily accessible
- Procure partnerships within the community to fulfill facility needs that can't be met by our existing space
- Create a timeline that outlines steps to achieve any upgrades to the organization's facility





CONTACT US

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