



The Up Side of Downs of Northeast Ohio

The Up Side of Downs exists to provide support, education and advocacy for people with Down syndrome, their families and communities throughout Northeast Ohio.

We invite you to connect with our supportive community. Please join us at one of our many programs, do research in our comprehensive online resource directory, subscribe to our e-newsletter, enjoy our online photo gallery and so much more. Membership is free and open to anyone; families, grandparents, educators, medical professionals and friends.

USOD's Mission

To provide support, education and advocacy for people with Down syndrome, their families and communities.

Vision

The Up Side of Downs of Northeast Ohio is the primary resource for families & communities regarding Down syndrome, where all people with Down syndrome are accepted, included and empowered. USOD envisions a community where people with Down syndrome have limitless opportunities and the ability to pursue their dreams.

History

In the early 1980's, a handful of parents whose children had Down syndrome shared a vision for improving the lives of their children through better medical care and increased educational opportunities. Over thirty years later, their vision and hard work has taken the Up Side of Downs from a grassroots parent movement to a staffed non-profit organization joining more than 900 families throughout Northeast Ohio.



*Supporting & Celebrating
Down Syndrome in Northeast Ohio*

Visit us at:

6533-B Brecksville Road, Independence, OH 44131

Send mail to:

PO Box 31720, Independence, OH 44131

p: 216.447.USOD (8763)

f: 877.353.USOD (8763)

e: info@usod.org

www.usod.org

the **up side** of
downs

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The Up Side of Downs of Northeast Ohio provides programs and services to improve the quality of life for individuals with Down syndrome and their families. USOD directly serves over 900 families and countless medical & educational professionals who care for and support loved ones with Down syndrome in Northeast Ohio.

USOD accomplishes its mission through:

- New & Expectant Parent Information
- Family Support Groups
- Online Parent-to-Parent Support
- Medical Outreach Programs
- Annual Buddy Walk
- The Learning Program
- Family Grants Program
- Parent Education Programs
- Disability Awareness Presentations
- Educator Conferences
- Family Social Gatherings
- Teen & Adult Programs
- Comprehensive Resource Directory

Have a question about USOD programs or services? Want to volunteer or make a donation? Please contact us anytime at 216.447.USOD (8763) or e-mail to info@usod.org.

www.usod.org

Support

Individuals with Down syndrome have unlimited potential! USOD is proud to be the primary resource in Northeast Ohio for information and support of individuals with Down syndrome and their families, from birth through adulthood.

New and expectant parents can contact USOD to receive a New Parent Packet, join our online Parent to Parent Support Group or share experiences with other parents at Baby & Toddler Gatherings around Northeast Ohio.

You can count on USOD to be there to provide support through a variety of programs such as our Family Grant Program, Grandparent Support Group, or by providing the most up-to-date data about Down syndrome on our comprehensive website.



Education

Educating ourselves and each other is one of the most empowering things we can do. USOD is committed to bringing together resources to continuously expand and educate families as well as medical & educational professionals within our community about Down syndrome. USOD offers ground-breaking educational conferences, Parent Education Programs, Medical Outreach Programs, School Outreach Programs, The Learning Program reading and math enrichment, a comprehensive resource directory and so much more.



Advocacy

Schedule a peer presentation with our Disability Awareness Program, walk with more than 4,000 people who participate in the Northeast Ohio Buddy Walk yearly, celebrate World Down Syndrome Day annually on March 21 or create awareness at your school or office by hosting a Dress Down for Downs Day. In any way you can, please join our USOD community and increase awareness, advocacy and support for individuals with Down syndrome and their families.

Community

USOD wants to be your partner in finding information, resources and connecting you with other families. Please visit our website at www.usod.org. We always welcome new programming ideas and will happily add recommended resources to our website. USOD is for you, your family and friends along with medical professionals and educators. Together we hope to connect you with all you need.

