



**DOWN SYNDROME  
INNOVATIONS**

**Adult Continuing Education Services**



**A lifetime of support for a life**

**full of opportunities.**

# What is ACE?

The Adult Continuing Education (ACE) program at Down Syndrome Innovations is our very own specialized education day program provided for adults with Down syndrome, aiming to maximize independence and promote productive community participation.

ACE Curriculum, included in all of our day program options, is based around our six Pillars of Programming: Daily Living, Communication and Social Skills, Community Engagement, Health, Wellness, and Safety, Self-Advocacy, and Vocational Development.

# The Process

All self-advocates begin in the Essentials program. Those interested in the specialized programs, Active Living or Skill Building, are required to attend Essentials for a quarter (3 months) to allow for sufficient time to integrate confidently into ACE; and enough opportunity for staff to learn his or her strengths, learning style, and areas of growth.

*Timing of transition to the specialized programs will depend upon the preferred enrollment schedule and program capacity.*

## Essentials

**ACE Essentials is our foundational program which includes daily learning focuses, physical activity, and social engagement.**

ACE Essentials includes:

- Meaningful social connection
- Community engagement opportunities
- Instruction in professionalism and adult social skills
- Guest presentations by community members
- Independent leisure skills
- Functional movement activities



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Enrollment / Schedule Criteria:

- Options: 1 day, 2 days, 3 days, 4 days, 5 days
- Full-time = 5 full days | Minimum commitment of one month

**Visit our new website [kcdsi.org](http://kcdsi.org)  
for more information!**

## Active Living

**Active Living is a specialized program that also includes our general ACE curriculum.**

Active Living includes:

- Small group exercise sessions designed to increase cardiovascular fitness and improve coordination, with customization of programming to each individual's capability
- Functional movement activities designed to increase stamina and alertness in daily life at home, at work, and in the community
- Purposeful learning activities designed to build self-determination and increase understanding of personal responsibility in improving one's health and wellbeing
- Learning and practicing positive health behaviors including setting goals, eating nutritious foods, drinking more water, positive self-talk, encouragement of others, and maintaining good hygiene
- Data tracking and measurement related to targeted health outcomes

Enrollment / Schedule Criteria:

- Options: 2 days, 3 days, 4 days
- Full-time = 4 full days | Minimum commitment of two months.
- Required prerequisite: attending ACE Essentials for at least one quarter

## Skill Building

**Skill Building is a specialized program that also includes our general ACE curriculum.**

Skill Building includes:

- An Assessment Period will occur during the first month of enrollment to determine skill strengths and areas of growth needed
- An ACE Plan will be created after the Assessment Period to include individualized goals
- Daily opportunities for individualized learning driven by goals
- Emphasis on increasing independence in daily life, expanding repertoire of skills, and vocational readiness
- High expectations for positive participation and self-regulation in all programming, social networking, community outings, and guest presentations
- Daily opportunities for responsibility and leadership
- Data will be recorded and reported intermittently to caregivers to communicate progress

Enrollment / Schedule Criteria:

- Options: 2 days, 3 days, 4 days
- Full-time = 4 full days | Minimum commitment of three months.
- Required prerequisite: attending ACE Essentials for at least one quarter

# Additional Offerings...

## **Weekly Skill-Building and Social Groups for Adults:**

Our Skill Building and Social Groups for Adults (18 yrs+) take place each week.

These groups are focused on building friendships and enjoying conversation in a low-pressure and casual environment, as well as learning skills driven by our organization's six Pillars of Programming.

## **Quarterly Social Gatherings:**

Each quarter, we host a social gathering to provide an opportunity for adults to get together and socialize. This is a great way for self-advocates to utilize the skills they are learning throughout our services and weekly social groups.

*For the latest information about these complimentary offerings, please visit your specific page (either 18 - 40 or 40+) on our website at <https://kcdsi.org/>*

