children have changed as a result of the get-togethers. For instance, they are closer to and more affectionate with their siblings and are more open and communicative, broaching issues they had never mentioned before.

Although such a short space of time (only three sessions) does not entirely constitute psychotherapeutic treatment, both the work done and the results achieved are therapeutic and highly beneficial for the children and the parents.

In light of the interest in and satisfaction with these courses, the FCSD is planning to enlarge the groups and open new groups for teenagers and adults. We feel it is important for older siblings also to have this opportunity for encounter, talk and reflection. This will reveal how the feelings expressed by children develop in later stages of life.

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News

Fundació Catalana Síndrome de Down will be holding its 10th International Conference on Down Syndrome as well as celebrating its 25^th anniversary on 12 and 13 November 2009. The title of this year's edition is "Conquering Dignity", and the topics, to be addressed from a bioethical perspective, will be the stages in the life of a person with Down syndrome from birth through neurological development and early stimulation, followed by schooling and employment, and emancipation from the parental home. Issues considered will include matters of identity, respect, and the support required by individuals with Down syndrome in planning and making their own lives, as well as their contributions to society, societal attitudes to disability, the relationship between families and professionals, and a number of other points geared to learning more about the present state of things, taking on new challenges, and tackling the emerging needs arising as a result of increased life expectancy in this population group.

News

Your child with Down syndrome. An A to Z. A practical guide for parents on the medical aspects of Down syndrome.

Josep Maria Corretger, Agustí Serés, Jaume Casaldàliga, Ernesto Quiñones, Katy Trias.

The prognosis for people with Down syndrome was bleak 25 years ago. Today, their life expectancy is around 60 years old. Medical progress has been definitive.

In the past, many clichés and misconceptions have been circulated regarding the issues and illnesses that can affect children with Down syndrome. The information on offer has been inaccurate, at times linked to confusion with the constitutional aspects of the syndrome itself. In fact, these children are subject to the same conditions as any other child of the same age and, whilst they are more prone to some, they are less prone to others. The treatment is the same and can even work better and more efficiently.

This book is aimed at parents of children with Down syndrome, providing an objective and practical introduction to the health, behavioural and developmental issues that their children may experience. It is broken down into short chapters and begins with a review of genetics and Down syndrome.

The main body of the book is set out as an alphabetical index of the medical aspects, and a final appendix contains the Catalan Down Syndrome Foundation Health Programme and Down Medical Centre (CMD) growth charts. Over thirty specialists from the CMD and renowned University Hospitals in Catalonia and Ecuador have contributed to the book.

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On sale at Fundació Catalana Síndrome de Down Tel. (+34) 93 215 74 23 or administracio@fcsd.org
www.fcsd.org

NEW Spanish edition, revised and expanded by Bessy Benejam, neuropsychologist at the FCSD's Down Medical Centre (Centre Mèdic Down).

This is a practical handbook providing guidance and advice regarding the needs of the ever-growing number of people with Down syndrome (DS) and dementia.

The underlying social model puts the person before the disease. The book suggests ways to preserve choice and enable optimal quality of life for people whose control over their own lives is dwindling. Practical examples are provided, with intervention criteria for workers and caregivers so that they can help the persons concerned and steer clear of practices and behaviors that can impoverish lives and cause harm. The book is aimed at professionals, family members, nurses, social workers, caregivers, support staff, and anyone with an interest in this subject.

Diana Kerr is a researcher, consultant and trainer who specializes in intellectual disability and dementia. She is a is a fellow at the Centre for Research on Families and Relationships at the University of Edinburgh. She was an educator at the Dementia Service Development Centre at the University of Stirling and has also taught for a Diploma of Social Work. She has authored a number of publications on this subject.

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