Overall conclusion and next steps

Our study shows the positive effects of inclusive educational sports activities on children with Down Syndrome. Parents gave positive reviews of the services of the rehabilitation centre. Research confirmed that swimming, fitness and inclusive classes for children are attended the most. Parents use the services of a psychologist quite often and get psychological relief in self-help groups. The help of social workers is needed for social support, professional help with solving social problems, representation of their interests and organization of leisure for both parents and children. The urgency of the introduction of an improved dynamic model for the centre is beyond any doubt. Step by step execution of tasks related to the management of social organization at the centre, development of a wide range of complex social rehabilitation programs and separate services for children and parents, construction of spaces and the grounds according to universal design requirements, exchange of experience with similar civic organizations and the search for new resources and opportunities are the tasks the strategic plan can be based on. The model of the centre needs to be promoted and replicated all over Ukraine.

References


