



AFRICA DOWN SYNDROME NETWORK

Down Syndrome National Awareness Month

October – Down Syndrome Awareness Month

This October 2025, in Africa, Down Syndrome Awareness Month is a time to focus on the realities faced by persons with Down syndrome across the continent. Many African countries continue to face limited funding, insufficient human resources, inadequate infrastructure, and lack of access to therapies and essential support services. Families struggle to access early intervention, speech and occupational therapies, and specialized health care, while stigma and social barriers persist.

This October 2025, DSi is emphasizing health equity, sharing their new report “Our Say In Our Health”, which highlights the important challenges people with Down syndrome face in accessing quality health care. It is a call to action for all countries, including in Africa, to ensure equitable and inclusive health services for every person with Down syndrome.

Africa must turn awareness into practical action: governments, health systems, communities, and families must collaborate to improve funding, strengthen human resources, develop accessible infrastructure, and provide essential therapies. Supporting self-advocates and families is crucial to empower persons with Down syndrome and guarantee their full participation in society.

Let this month inspire determined action, not just awareness. Every effort we make strengthens the rights, inclusion, and well-being of persons with Down syndrome across Africa.

Ali Jookhun, OSK
Chairperson
Africa Down Syndrome Network (ADSN)

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