

# Following Her Dreams

When Lauren Davidson was born, her parents, Caroline and Don, were told of all the things Lauren would never be able to do because she had Down syndrome. Her parents were given a bleak outlook of her future; they felt unprepared and alone.

At seven months old, Lauren was referred to KidsAbility by a community agency in Guelph. “When we came to KidsAbility, I felt that the people here truly cared and made us feel positive about what Lauren could accomplish...and accomplish she has! Lauren is a dancer, a baker, a singer, a baseball player, crafter extraordinaire, a friend and a hard worker,” says Caroline.

Lauren’s biggest accomplishment at KidsAbility was her perseverance in training her large muscles in preparation for walking. “The physiotherapy sessions were tough, but her physiotherapist was tougher!” laughs Caroline. Although most of her therapy was fun and happy, there were many tears and much frustration. In contrast, Lauren loved her occupational therapy sessions growing up (especially the crafts) and had no idea she was “working”! Lauren endured many sessions and continued to work on goals at home. With the help of her therapists, Lauren accomplished and reached many goals in a short time through hard work and determination.

“My favourite memory is the celebration we had when Lauren, after three years of intense physical therapy at KidsAbility, started to walk. I remember calling her physiotherapist to tell her while watching my daughter walk little circles around me, unaided. It was a profound moment of elation and feeling like this particular mountain has been climbed. It was the realization that she will have many more mountains to cross, but I knew then that her journey meant patience and perseverance to get there,” remarks Caroline.

Without the support of KidsAbility’s therapists and donors who support this work, Caroline firmly believes that Lauren would not be where she is today. When the opportunity to work for the organization that played such a pivotal role in Lauren’s and her family’s lives came up, it was something that Caroline jumped at.

Lauren is following her dreams and aspires to go to college, to have a job in a daycare and to live in her own apartment independently. Caroline shares those same hopes for Lauren. “I hope that all of the hard therapeutic work she was fortunate to receive at KidsAbility and to practise at home will provide her with the tools needed to reach her goal of working and living independently.”

For Caroline, when she thinks of KidsAbility, she remembers the hope that she received so many years ago when a future this bright for Lauren hadn’t seemed possible.



*Lauren Davidson & Caroline Davidson*

Kids Can’t Wait Guelph-Wellington Ambassadors  
2010–2011 and  
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