



**Down's Syndrome
Association**

A Registered Charity No. 1061474

Living the Way You Want Series



Making Choices

Easy Read

A Down's Syndrome Association Publication

About this leaflet



→ This leaflet is made by the Down's Syndrome Association.



→ It is in Easy Read.

Easy Read means easy words with pictures to help everyone understand.



→ We ask **Having a Voice** groups to help us make Easy Read information.



→ **Having a Voice** groups are groups of people with Down's syndrome. They help people have their say.



→ **Having a Voice** groups make sure the Easy Read information is easy to understand.



→ You can find out more about **Having a Voice** on the Down's Syndrome Association website.

What is in this leaflet?



→ This leaflet is about making choices.

What you can learn

You can learn about:



→ • choices you need to make



→ • getting help to make a choice



→ • find more information about choices

What choices do I need to make?



→ There are lots of choices you can make.

Some choices are:



→ • what to eat and drink



→ • what to do in the day



→ • what time to go to bed



→ • where to go out



→ • what to spend your money on



→ • what to do for fun

Making hard choices



→ Sometimes making choices is hard.



→ It is OK to ask for help and talk things through before you make a choice.



→ Some choices are bigger than others. You may need more help.



→ You can get information in Easy Read or videos to help you choose.



→ Some people who can help you make choices are:

- your support worker
- your family
- a social worker
- an advocate

More information



→ The **Local Government Association** has an Easy Read Guide about Making Choices and the law.

Thank you



→ Thank you for reading this leaflet!
We hope this leaflet has helped you.

Tell us what you think



→ We want to know what you think about this leaflet.

Email what you think to:
info@downs-syndrome.org.uk

Down's Syndrome Association



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A Registered Charity No. 1061474

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The Down's Syndrome Association provides information and support on all aspects of living with Down's syndrome. We also work to champion the rights of people with Down's syndrome, by campaigning for change and challenging discrimination. A wide range of Down's Syndrome Association publications can be downloaded free of charge from our website.

Contact us

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www.dsactive.org



www.dsworkfit.org.uk



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