When There is a Problem

*Easy Read*
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 when you have a problem in your home.

What you can learn

You can learn about:

- problems you can have
- what you can do
- who can help you
Having a problem

Living in your own home can be great, but sometimes you can have problems.

Here are some things you can do when you have a problem.

Feeling unhappy

Remember, it is OK to say if something is making you unhappy or worried.

Make sure you know who you can talk to if you are unhappy. You could talk to:

- your support worker
- your family
- an advocate
- a social worker
- a counsellor
Take your time and explain what the problem is. You could use pictures to help you.

Remember, if you say something, you can change things.

You feel bored

Have a plan for your day. This can stop you getting bored.

You can use a visual timetable to help you know what you are doing.

If you are bored, you could try a new activity or hobby.

Talk to your support worker, family or social worker about trying something new.
You fall out with your housemates

Sometimes living with other people can be difficult. People fall out sometimes!

If you fall out with someone, talk to your support worker. You can work together to fix the problem.

They will help you to sit down with your housemates and talk things through.

You need more help

It can be hard to ask for help. It is a good idea to let people help you if you need it.

Your support worker is there to help you.

You can also ask your family, advocate or social worker for help.
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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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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