Down's Syndrome Association
A Registered Charity No. 1061474

Supported Living Series



Our Stories

Stories from people with Down's syndrome

A Down's Syndrome Association Publication



What is this book all about?

This is a book of stories from people with Down's syndrome. They want to tell you about their lives.

All of the people in this book live in their own home with help.

We hope you enjoy their stories.



I live in my own flat with my flatmate.

Anna

Hi, my name is Anna.

How old are you?

31.

Where do you live?

I live in my own flat with my flatmate.

Who helps you?

I like to do most things by myself, but sometimes I need help. I have support workers who help me. They come to my flat every day. I call or text my support workers if I need them.

What do you do during the week?

I work in a coffee shop two days a week. At work I clean tables, tidy up and use the dishwasher.

I get paid to work. That makes me feel good.

I like swimming, going to discos, bowling, my social club, cinema and going to live music concerts.



What jobs do you need to do in your home?

I do my food shopping one day every week. My support worker comes with me. My support worker helps me plan my meals and shopping. We make a list before we go.

What things do you need help with?

I need help to look after my money.

What are your hobbies?

I like swimming, going to discos, bowling, my social club, cinema and going to live music concerts.

What do you do with your friends?

I love going out with my friends. I text my support worker when we go out to tell them what I am doing. That means I stay safe.

What do you want to tell people about your home?

I love living in my flat. It makes me feel really independent.

What would you say to people who want to move out?

Go for it!



I live in my own house. At the weekend I stay with my family.

Dan

My name is Dan. I live in my own home.

How old are you?

25.

Where do you live?

I live in my own house. At the weekend I stay with my family.

What do you do during the week?

I have a paid job. I wash up, prepare food and help deliver food for buffets.

At work I learned how to do health and safety and different recipes. My favourite recipe is Beef Wellington.

What do you do you like about work?

I am so pleased and happy. I am really enjoying myself. I like being positive about things.

I love sports. I play football and go swimming. I'm also a big rugby fan. My team is Harlequins.



What do you need help with?

My support workers help me. They help me know what jobs to do. They help me when I feel worried.

What jobs do you do in your house?

Everyone in the house shares out jobs. It makes it easier. I like to do the same job every time. Ironing and cleaning make me happy.

What do you do for fun?

I love sports. I play football and go swimming. I'm also a big rugby fan. My team is Harlequins.

I want to stay healthy and be a nice, happy person.

What do you want to tell people about your house?

I have nice friends and nice staff. I love it here.



I help at a charity. We design and make beautiful cards and sell them. It's good fun.

Pippa

My name is Pippa. I live in my own house with housemates.

What do you do in the week?

I help at a charity. We design and make beautiful cards and sell them. It's good fun.

What do you do for fun?

I go to a book club once a week. We talk about different books each time. I also like colouring and watching soaps.

I go to a dance class with my housemate every week. I was in *The Wizard of Oz*. That was really exciting!

What jobs do you do at home? What do you need help with?

I can do laundry with some help. I sort out the clothes and bring them downstairs. I check labels to know how to wash things. My support worker reminds me what to do.

Living in my own home makes me feel cosy.



What do you with friends and family?

I love having friends round to my house, or visiting my friends in their houses. My support workers help me do this.

I see my family a lot. We watch football together. I am a big Queens Park Rangers fan!

What do you want to tell people about your home?

Living in my own home makes me feel cosy.



I wanted to move into my own home after college.

Ruth

My name is Ruth. I live with friends in my own house.

When did you move into your own home?

I wanted to move into my own home after college. The house wasn't ready so I had to wait a while. That was hard.

What do you do during the week?

I work in a café. I serve tea and coffee and food to customers. Sometimes I do the soup run. I like serving people.

I go to a dance class with my housemate. I love it and don't get nervous at all.

What jobs do you do in your home?

There are lots of jobs! I enjoy cooking. My favourite meal is chicken pasta bake.

It is very important to be healthy, but I don't like fruit and vegetables very much! I need reminding to help me choose healthy food.

I have a boyfriend – he is lovely. I love spending time with him.



What do you need help with?

I like to do the same things every day. I need help to change my routines.

What do you do for fun?

I do a lot of exercise – I go bowling and go out to the park. My favourite sports are basketball, tennis and cricket.

I have a boyfriend – he is lovely. I love spending time with him.

I also like music. My favourite singer is Kylie Minogue.

What do you want to tell people about your home?

I enjoy living with my friends. It makes me feel good inside.



My name is Peter. I have lived in my own home for 14 years.

Peter

My name is Peter. I have lived in my own home for 14 years.

How old are you?

35.

How did you feel when you first moved home?

It was a bit scary! But I soon settled in.

What help do you get in your home?

I enjoy having my own life, but I need a lot of help. I need help with: travelling to places, going shopping, reading, cooking, cleaning and ironing, looking after my health and going to my appointments.

Who helps you?

My support workers and my family help me a lot. I have my own support workers. They take me out and about most days. I get Direct Payments to pay for my help.

I like to play Frisbee, basketball and football and I love cars.

What do you do for fun?

I like to go out to eat, spend time with friends and family, watch DVDs about animals, adventure stories and listening to music. I like to play Frisbee, basketball and football and I love cars.

What do you want to do in the future?

I find change hard, so the best thing for me is to keep my daily routines and do things I enjoy every day.



My name is Karen. I live in my own flat.

Karen

My name is Karen. I live in my own flat.

How old are you?

36.

What do you like about your flat?

I like my flat. Things I liked about moving in are a nice new flat and my own TV.

What do you do during the week?

I go to college by myself. I like to travel on my own on trains and buses. I make sure I take keys, phone and bus pass with me.

What are your hobbies?

Playing games and watching DVDs.

I want to lose weight and go out more.

What jobs do you do at home?

I have jobs at home. I help with the washing machine, ironing and cooking. My support worker does things with me.

What do you need help with at home?

I need help going to the doctor or dentist.

What do you like about living in your own home?

Things I like about my home are: nice staff who care about me, the pictures on my wall and choosing my own DVDs.

What do you not like about living in your own home?

Things I don't like are: noisy neighbours and forgetting things.

What do you want to do in the future?

I want to lose weight and go out more. Everything else can stay the same.



I like to keep busy. I work in a café 2 days a week and work in a day centre 1 day a week.

Clare

My name is Clare. I have been living in my own home for 6 years.

How old are you?

29.

How did you find moving in?

Scary and exciting!

What you do in your week?

I like to keep busy. I work in a café 2 days a week and work in a day centre 1 day a week. I also enjoy my drama group and youth clubs.

I love being social and enjoy meeting my friends, going out to the pub, visiting family and bowling!

What are your hobbies?

Music, dancing and swimming.

I love being social and enjoy meeting my friends.

What do you like about living in your own home?

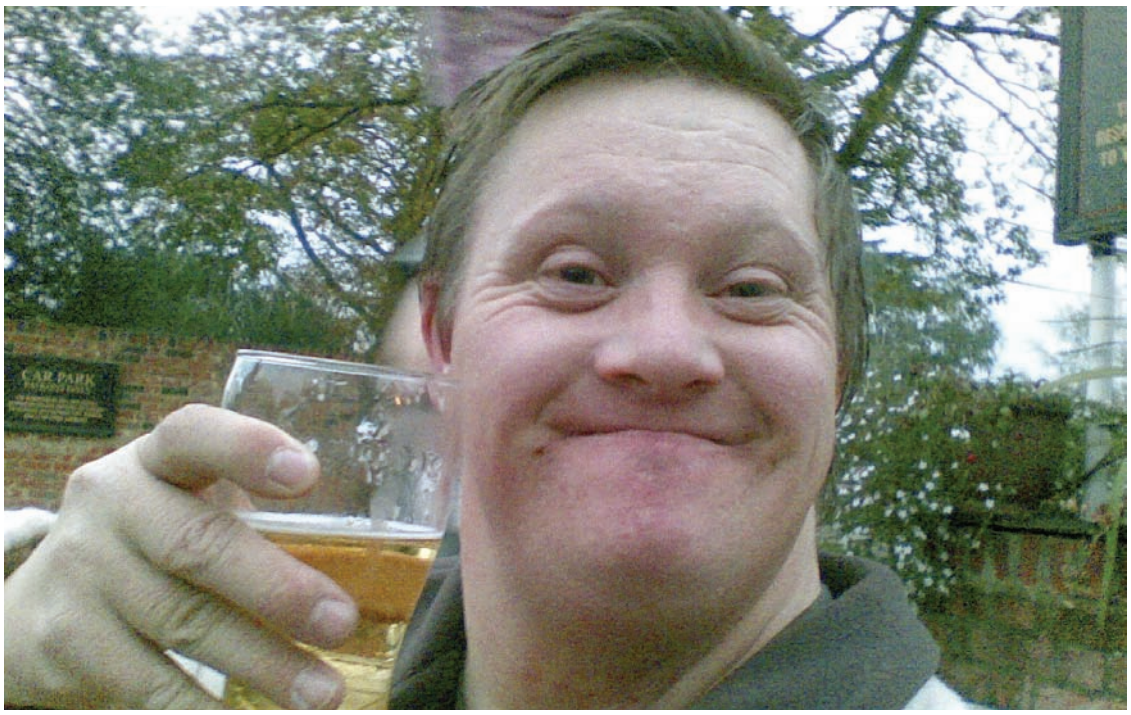
Being independent with no one telling me what to do!

What do you need help with in your home?

I need help at home with cooking, planning my meals and looking after myself.

What do you want to do in the future?

To have a boyfriend and get married.



My name is Paul. I live in my own flat. I feel proud to live here.

Paul

My name is Paul. I live in my own flat. I feel proud to live here.

How old are you?

45.

When did you move in?

7 years ago. It took a long time for me to move into my own flat. I was so happy when I moved in. It was a dream come true.

What are your hobbies?

Seeing family, snooker, pool, 10 pin bowling, music, cinema, and car boot sales.

What do you like about living in your own home?

I like being in charge and doing what I choose.

What do you not like about living in your own home?

I find it hard sometimes to do things for myself instead of staff doing it for me.

I like being in charge and doing what I choose.

Who helps you in your flat?

I have personal assistants. They help me do jobs in my house and take me to places I want to go. I am in charge of my personal assistants. I decide who helps me.

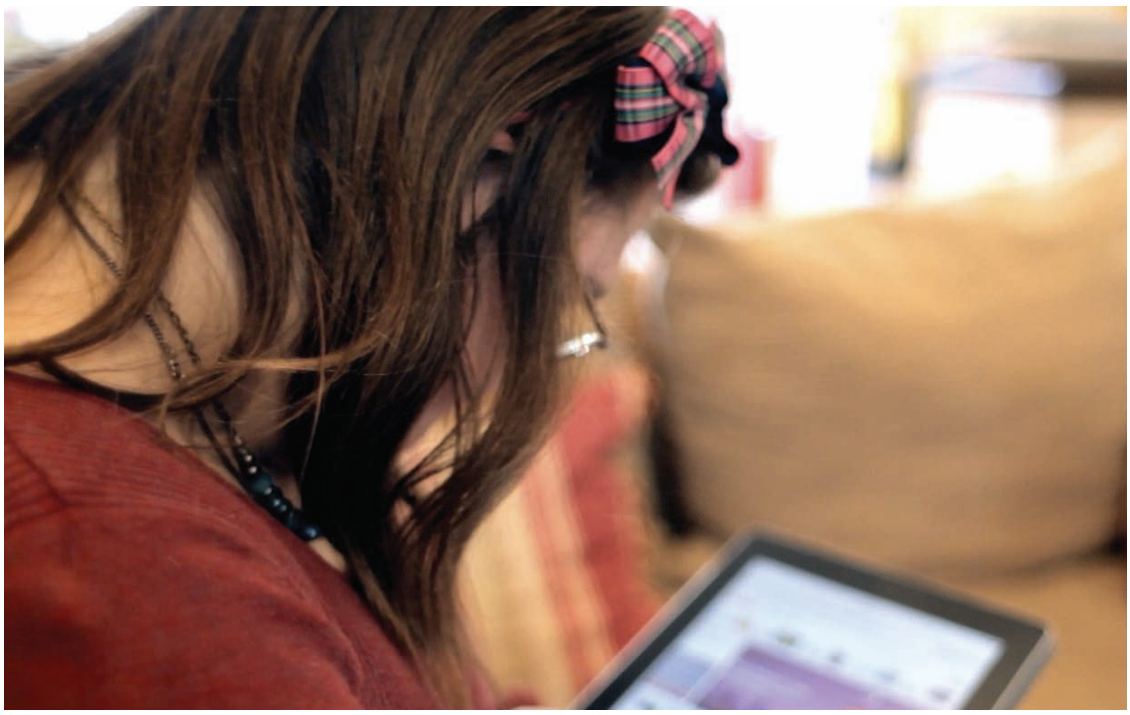
What do you need help with?

I do not speak a lot, but I can do things for myself. My staff help me, but don't do it for me.

I have pictures on the wall to remind me what I am doing.

What do you want to do in the future?

To always be in my flat.



Call us on 0333 1212 300 or email info@down-syndrome.org.uk

Find out more

We hope you enjoyed the stories.

The Down's Syndrome Association can give you information about living in your own home.

We have videos about people who live in their own home with help:

www.downs-syndrome.org.uk/for-families-and-carers/social-care-support/supported-living/supported-living-video-series.

We have information about Supported Living in Easy Read. We have guides about:

Easy Read Supported Living – Getting Started
Easy Read Supported Living – Day to Day Life

You can find more information on our website:

www.downs-syndrome.org.uk

You can call us on **0333 1212 300**
or email info@down-syndrome.org.uk

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.

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