



**Down's Syndrome
Association**

A Registered Charity No. 1061474

WorkFit support during COVID-19 pandemic



Return to work

Easy Read

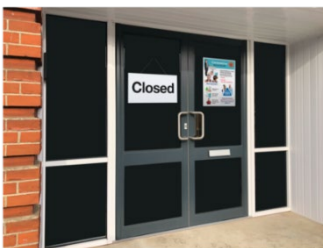


A Down's Syndrome Association publication

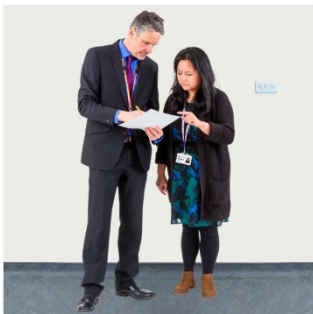


Some people are going back to work

Some people are not going back to work yet.



You may want to go and be unable to. This is up to your employer and you.



Your employer must make changes to keep people safe.

This may take some time.

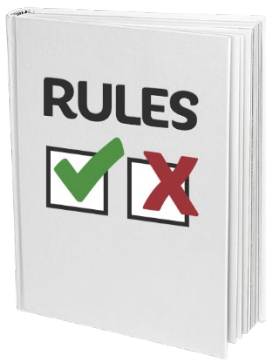


It is possible that some businesses will stay shut.

WorkFit will help you to get back to work as soon as we can.



You will have new instructions from your buddies at work.



There will be new rules like:

- Hand-washing
- Working alone
- Shorter work days

Your employer will tell you about them.



How can you travel to work safely?
Can you travel to work with someone from your household?

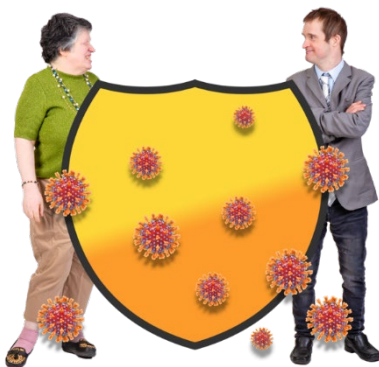


If you have health conditions that you are worried about, please ask your doctor.

Ask a parent or carer to support you to contact your doctor if you need help with this.



The Down's Syndrome Association has made resources to help you understand.



They cover topics like:

- Coronavirus
- Social Distancing
- The New Normal
- The Coronavirus Act 2020



You can look at them on our website.

You can download them for free.



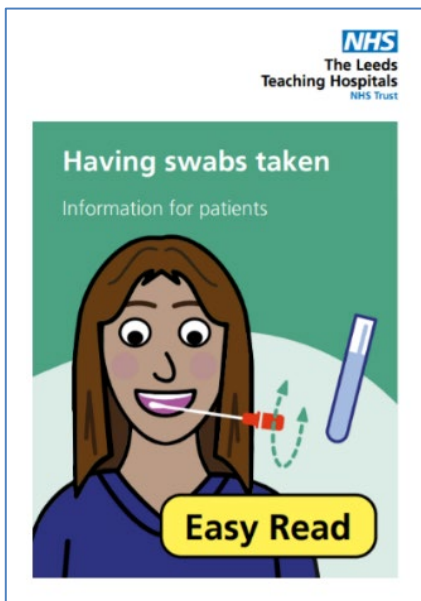
[Click this link.](#)



Do you and your family need advice about money and benefits?

There is benefits and financial help on our website.

Call the DSA Helpline on
0333 1212 300



If you are going back to work.

You may need to have a test to see if you have Coronavirus.

It's quick and it doesn't hurt.

[Have a look at this easy read document so that you know what to expect.](#)



Look at our resources with your parents/carers.

Talk about your job together.



Call your employer if you have questions.



Make a plan for going back to work.



Would you like to hear what other people who have Down's syndrome are up to?



The DSA have a weekly meet up over Zoom.

You can connect with others and have a chat.

[You can find more information here.](#)



You can join our 'Supporting Adults' Facebook group.



If you are feeling stressed.

We have a relaxation activity you can listen to.

[Click here.](#)

How we can help



If you have any questions, please contact WorkFit by email at **dsworkfit@downs-syndrome.org.uk**.



If you have an urgent enquiry, please call Employment Development Manager, Alison Thwaite on **07973 612720**.



If you have a general enquiry, please contact our main Helpline.



You can also email us at **info@downs-syndrome.org.uk**

You can call us on 0333 1212 300.



We are happy to answer your questions.

The helpline is open Monday to Friday

from 10am until 4pm.

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

Down's Syndrome Association

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www.dsactive.org



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