Interview Prompt Sheet for Parents/Carers of Young Adults with Down Syndrome

How did the Covid-19 pandemic impact your young adult’s transition into adulthood?

Questions

1. Could you tell me a little about your young adult?
   - We could discuss:
     - Their age.
     - Their living arrangements.
     - How often you see them.

2. What was the Covid-19 pandemic period like for you and your young adult generally?
   - What has life been like since the pandemic?

3. How did Covid-19 and related restrictions impact your young adult’s behaviour, at the time of the pandemic and in the longer-term?
   - We could discuss:
     - Their daily activities.
     - Their interests.
     - Interactions with yourself/others.
     - Adapting to new routines.
     - What possible changes were like for you and them.

4. How did Covid-19 and related restrictions impact their independence, at the time of the pandemic and in the longer-term?
   - We could discuss:
     - Engagement in independent activities, e.g., going out, travelling independently.
     - Living independently.
     - Self-care; chores.
     - Following their own agenda.
     - What possible changes were like for you and them.

5. How did Covid-19 and related restrictions impact their relationships, at the time of the pandemic and in the longer-term?
   - We could discuss:
     - Your relationship with them.
     - Other family relationships.
     - Social friendships or connections outside the family.
     - Intimate or romantic relationships.
     - Community relationships, e.g., volunteering, employment.
     - What possible changes were like for you and them.
5. How did Covid-19 and related restrictions impact their community participation, at the time of the pandemic and in the longer-term?
   o We could discuss:
     ➢ Leisure or sport activities.
     ➢ Employment or volunteering.
     ➢ Further education.
     ➢ Groups or clubs.
     ➢ What possible changes were like for you and them.

7. How did Covid-19 and related restrictions impact their physical health, at the time of the pandemic and in the longer-term?
   o We could discuss:
     ➢ Eating or exercise.
     ➢ Sleep.
     ➢ Medical aspects.
     ➢ What possible changes were like for you and them.

8. How did Covid-19 and related restrictions impact their mental health and wellbeing, at the time of the pandemic and in the longer-term?
   o We could discuss:
     ➢ What possible changes were like for you and them.

9. How did Covid-19 and related restrictions impact their future aspirations, at the time of the pandemic and in the longer-term?
   o We could discuss:
     ➢ Employment / volunteering.
     ➢ Further education.
     ➢ Social connections or family life.
     ➢ Future dreams, e.g., holidays or experiences.
     ➢ What possible changes were like for you and them.

10. Is there anything else you would like to say about how Covid-19 impacted your young adult’s transition into adulthood?
Covid-19 Pandemic Timeline (Memory Prompt)

Adapting to Covid-19:
23rd March 2020 - First Covid-19 lockdown began

During Covid-19:
Variations and changes in infection rates and level of restrictions

Coming out of Covid-19:
30th May 2022 – Covid-19 regulations ended

Life after Covid-19
Space for Notes (Optional)