

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.

6. How did Covid-19 and related restrictions impact their community participation, at the time of the pandemic and in the longer-term?
 - 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?
 - 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?
 - 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?
 - 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

Coming out of Covid-19:

30th May 2022 –
Covid-19 regulations
ended

During Covid-19:

Variations and changes in infection
rates and level of restrictions

Life after Covid-19

Space for Notes (Optional)

