

Round-up of complex needs meeting (Sep 2023)

Topic: Transition and Managing Change

Points from discussion

Parents talked about how difficult daily transitions are and in one instance this is getting harder as the child gets older. 'Stubborn' was a word used by several parents.

One parent mentioned how the ASD diagnosis had helped them to understand their son and they talked about preparing and planning being very important. Breaking down everything into detail is crucial. Someone else said charts, timetables and now and next are really helpful. For one parent preparation is not helpful as they felt their child does not understand until they are actually physically in a situation or place.

There was discussion about having a rigid routine versus unpredictability and finding variables that can be controlled to a degree. One parent said their child has to just go with the flow. Another parent talked about the phrasing of requesting being important.

There was a really important discussion about the importance of obtaining extra support when things get difficult as well as the necessity of self-care and resourcing.

Sometimes accepting that the person does not want to do something is ok. One parent made the point that practising acceptance and not looking for the next fix could have made life less exhausting for them.

Visual Acuity Video

We showed the video, which was very well received, and parents said they would share it with professionals.

[Visual Acuity - what is it and why does it matter to people who have Down's syndrome? - YouTube](#)

COMING SOON – In-person complex needs meeting

Date for the diary: Friday 1st December (10am to 3pm)

Venue: Teddington, Middlesex

If you are interested please email jane.mitchell@downs-syndrome.org.uk or stuart.mills@downs-syndrome.org.uk

Link to training page with all events

<https://www.downs-syndrome.org.uk/our-work/services-projects/training/>

Thursday 12th October @1030

**Dual Diagnosis of
Down's syndrome and Autism webinar**



 DOWN'S
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Part one

Thursday 9th November @ 1030

**Dual Diagnosis of
Down's syndrome and Autism webinar**



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Part two

Complex Needs Webpage

<https://www.downs-syndrome.org.uk/about-downs-syndrome/lifes-journey/downs-syndrome-with-complex-needs/>