

Round-up of complex needs meeting (Oct 2023)

We started by reviewing the recent in person meeting in Manchester, one attendee present confirmed the importance of having a space to be among other parents who understand.

Topic: What support is helpful for your child, what do they enjoy?

Points from discussion

Several parents talked about the importance of preparation. One parent talked about how when she goes out with her son, she usually has a list of things for him to tick off to help him know where they are going and when they will be finished. Prior to a recent last minute shopping trip the list was condensed to:-

- Shop 1
- Shop 2
- Shop 3

This was enough to help him and worked well.

Two parents talked about support (personal assistants) coming into the home particularly when the person does not want to go out as this enabled parent/s to go out. One mum said that having a personal assistant enables their son to do new and different things and supports the transition from home to an activity. Her son is reluctant to try new experiences but once there he will usually enjoy it.

One parent talked about the importance of having support for her daughter's mental health from people she can trust and connect with. Another talked about the importance of support from wider family, accessing support from voluntary sector. She also mentioned how addressing sleep issues has had most impact and the support from the GP has helped with this. She stressed how stepping back and observing before intervening is crucial to supporting her child.

Things they enjoy

Music was a common theme that most people mentioned, horse riding was something that two people listed. One person mentioned that their child loved the seaside and most parents talked about their children loving the outdoors, walks, water, swimming with only one parent saying their son preferred indoors and didn't necessarily like being outside. One parent mentioned the trampoline in the garden.

One parent talked about how her daughter isn't enjoying much at the moment as she has mental health struggles.

COMING SOON – In-person complex needs meeting



If you are interested please email
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Down's syndrome with complex needs
Parent/Family carer
regional support meeting

Teddington | 1 December 2023 | 10.00am – 3pm | £10

Thursday 9th November @ 1030

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



 **Part two**

Wednesday 6th December @ 1pm

Sensory Processing Awareness

Free online webinar



Link to training page with all events

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

Complex Needs Webpage



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