

Round-up of complex needs meeting (Jan 2024)

We started with introductions, there were many people who attended the meeting for the first time along with some regular attendees. Following introductions, we summarised the previous meeting.

Topic: Review of Holiday period/January followed by general discussion

Points from discussion

A theme that came out from several parents was how “scaling back” at Christmas had made for a more pleasant experience. This included not inviting guests on the day or attending lots of gatherings. For some it included less presents and decoration.

One parent recognised seasonal blues, and other parents talked about how Christmas has become easier the older the person has become because they know what to expect.

One parent asked for advice around her daughter wanting things a certain way and refusing to change and there was a general discussion around how change can be very slow and at the pace of the person who has Down’s syndrome. The balance between the importance of routine and sameness and the need to adapt to change at time was something many parents had experienced.

There was another discussion around visiting places such as cinemas and theatres and how for some people this is a very enjoyable experience however for some it can be very challenging and suggestions were offered such as recreating cinema at home, asking the cinema to turn sound down, recognising its ok for the person not to go.

One parent talked about how successful introducing P.a.’s has been and this has enabled her and her husband to go out together without their son.

COMING SOON - Dual Diagnosis webinar 22nd February



Please book via our training page

Complex Needs Webpage

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



Call for case studies

We are looking for some examples of good practice in supporting a child who has Down's syndrome and complex needs in an educational setting.

If your child has had a recent positive experience at school/college, then please drop us an email and we will send you a short form to complete. These examples can be anonymised and may be used in our publications, resources, social media and on our website.

We are also always looking for case studies featuring people who have complex needs to put on the webpage.

Please email jane.mitchell@downs-syndrome.org.uk if you are happy to provide a case study and we will send a template to complete.

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