DOWN'S SYNDROME ASSOCIATION

Top Tips from parents

Arranging an event

IN ADVANCE:

Prepare the person re: expectations.
Visit the venue, if possible, to check it out.
Visit the venue's website to check options.
Phone the venue to discuss access needs.
Request a table/seat near the door/end of aisle.

THINGS TO CHECK:

Ask about things that the person may find difficult such as dogs/babies.
How many people will be there?
Can you bring your own food if necessary?
Is there a quiet space to retreat to?
How long will the event last?

WHAT TO TAKE:

Consider what items it might be helpful to have with you, such as:
Ear defenders
Food
Fidget toys
Electronic devices

DURING:

Find allies/those who might be able to offer support if needed.
Use a quiet space if needed.
Make others aware of the person's needs.
Identify exits/escape routes/park close by.

HAVE AN EXIT PLAN:

It is ok to leave early if needed and so having a plan in advance may help.

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