DOWN'S SYNDROME ASSOCIATION

Down's syndrome with complex needs
support for parent carers

Round-up of complex needs meeting December 2025

Topic: Christmas

Meeting summary

Discussion around how people adapt their Christmas to consider the needs of all the family. Acknowledgment that for many with complex needs this time is overwhelming and most parents said their Christmas is different to expectations.

Some of the things mentioned.

- Not having visitors on Christmas day.
- One present a day, spreading them out, no surprises.
- Limiting decorations.
- Altering time of eating dinner.

Top tips for Christmas document click on link Complex Needs Top Tips Christmas

Parents also told us their highlight of the year

- Son enjoying a Christmas party.
- Seeing an increase in independence, moving away to college.
- Son settling into new school and making lots of progress.
- Seeing changes in confidence and engagement.
- Son enjoying lots of activities.

Next Meeting – Thursday 22nd January 10.30am



Useful Links and resources

To book any events please visit our Training Page - Training - Downs Syndrome Association (downs-syndrome.org.uk)

Enquiries jane.mitchell@downs-syndrome.org.uk stuart.mills@downs-syndrome.org.uk

Complex Needs Webpage

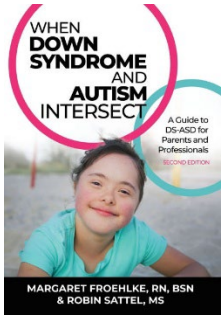
https://www.downs-syndrome.org.uk/about-downs-syndrome/lifes-journey/downs-syndrome-with-complex-needs/

Complex Needs Facebook

The DSA Complex Needs and Autism Group | Facebook

Books

When Down Syndrome and Autism Intersect is available at usual booksellers



Mental Wellness in Adults with Down Syndrome – link to free PDF:

Mental_Wellness_full_book_final_2023.02.24.pdf (advocatehealth.com)

Enquiries jane.mitchell@downs-syndrome.org.uk stuart.mills@downs-syndrome.org.uk