DOWN'S SYNDROME ASSOCIATION

Down's syndrome with complex needs
support for parent carers

Round-up of complex needs meeting November 2026

Topic: Small Adjustments that have made a big impact

People mentioned the following as having made a big difference in busy environments: using ear defenders, music and entering quiet spaces before crowds arrive.

For help with transitions people mentioned having a favourite toy, music and giving extra time had really helped.

One parent talked about how keeping meal times the same every day helped her son as it made things more predictable along with having a visual schedule.

Parents talked about altering the way in which they communicated with their children including being less directive and giving options.

Other Topics

One parent talked about her son's recent experience of being unwell, she wanted to hear about other parent's experiences of how their child responded to illness.

Another parent raised the issue the issue of her 18-year-old son's EHCP being ceased.

There was a discussion about sleep and tiredness. Parents shared experiences of sleep studies, sleep apnoea, CPAP and delayed sleep patterns.

At the end, some of the participants said that they valued sharing experiences and that this made them feel less isolated.

Next Online Meeting



Tuesday 15th December 10.30 - Midday

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Useful Links and resources

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

Complex Needs Webpage

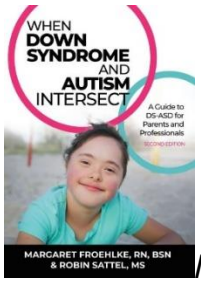
https://www.downs-syndrome.org.uk/about-downs-syndrome/lifes-journey/downs-syndrome-with-complex-needs/

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)