



**Down's Syndrome
Association**

A Registered Charity No. 1061474

Living the Way You Want Series



Choosing Who to Live With

Easy Read

A Down's Syndrome Association Publication

About this leaflet



→ This leaflet is made by the Down's Syndrome Association.



→ It is in Easy Read.

Easy Read means easy words with pictures to help everyone understand.



→ We ask **Having a Voice** groups to help us make Easy Read information.



→ **Having a Voice** groups are groups of people with Down's syndrome. They help people have their say.



→ **Having a Voice** groups make sure the Easy Read information is easy to understand.



→ You can find out more about **Having a Voice** on the Down's Syndrome Association website.

What is in this leaflet?



→ This leaflet is about choosing who to live with.

What you can learn

You can learn about:



→ • making choices



→ • living with other people



→ • living on your own

Who can I live with?

There are lots of different people you could live with:



- • you could live with people you have not met before



- • you could live with a friend



- • you could live with a partner



- • you could live by yourself



- All of these choices have good things and bad things about them. It is up to you to decide what you want.

Living with housemates



→ You can live with other people. The people you live with are called your **housemates**.



→ Think carefully about who you want to live with.

Living with someone is different to just being their friend. You will spend a lot more time together.



→ Living with other people can be hard sometimes. You need to make **compromises**. **Compromises** means not getting what you want all the time.



→ You will sometimes need to sit down with the people you live with and decide things together.



→ Living with other people has lots of good parts too.

You can have a lot of fun together!

Living by yourself



→ You can live by yourself.



→ Living by yourself can make you feel more independent.

You have more freedom to do what you want.

You have your own space.



→ Some people enjoy living by themselves.

Other people might find it too quiet or lonely.



→ It is up to you to decide what works for you.

Thank you



→ Thank you for reading this leaflet!
We hope this leaflet has helped you.

Tell us what you think



→ We want to know what you think about this leaflet.

Email what you think to:
info@downs-syndrome.org.uk

Down's Syndrome Association



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A Registered Charity No. 1061474

→ **Address:** Langdon Down Centre,
2a Langdon Park, Teddington,
Middlesex TW11 9PS

Telephone: [0333 1212 300](tel:03331212300)

E-mail: info@downs-syndrome.org.uk

Website: www.downs-syndrome.org.uk

The Down's Syndrome Association provides information and support on all aspects of living with Down's syndrome. We also work to champion the rights of people with Down's syndrome, by campaigning for change and challenging discrimination. A wide range of Down's Syndrome Association publications can be downloaded free of charge from our website.

Contact us

Down's Syndrome Association

National Office

Langdon Down Centre,
2a Langdon Park, Teddington,
Middlesex, TW11 9PS

t. 0333 1212 300

f. 020 8614 5127

e. info@downs-syndrome.org.uk

w. www.downs-syndrome.org.uk

Wales

t. 0333 1212 300

e. wales@downs-syndrome.org.uk

Northern Ireland

Unit 2, Marlborough House,
348 Lisburn Road,
Belfast BT9 6GH

t. 02890 665260

f. 02890 667674

e. enquiriesni@downs-syndrome.org.uk



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www.dsactive.org



www.dsworkfit.org.uk



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