



**Down's Syndrome
Association**

A Registered Charity No. 1061474

Living the Way You Want Series



Getting Ready to Move Out

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 getting ready to move into your new home.

What you can learn

You can learn about:



- how you might feel about moving out



- getting ready to move out



- people who can help you

Getting ready to move out



→ Leaving home is a big change.



→ You might feel excited about it.



→ But you might also feel a bit nervous!

This is normal.



→ Here are some ideas of what you and your family can do to make things easier:



→ • you can watch our videos about supported living



→ • you can read our stories from other people with Down's syndrome



- • you can talk to family and friends who live in their own home



- • you can try living away from your family home for a few days



- • you can try to learn new things to help be more independent



- You might still find it hard when you first move in.

This is OK.



- Your support workers, social worker and family are all there to help 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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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

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www.dsactive.org



www.dsworkfit.org.uk



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