



**Down's Syndrome
Association**

A Registered Charity No. 1061474

Living the Way You Want Series



When There is a Problem

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 when you have a problem in your home.

What you can learn

You can learn about:



→ • problems you can have



→ • what you can do



→ • who can help you



→ Having a problem

Living in your own home can be great, but sometimes you can have problems.

Here are some things you can do when you have a problem.

Feeling unhappy



→ Remember, it is OK to say if something is making you unhappy or worried.



→ Make sure you know who you can talk to if you are unhappy. You could talk to:

- your support worker
- your family
- an advocate
- a social worker
- a counsellor



→ Take your time and explain what the problem is. You could use pictures to help you.



→ Remember, if you say something, you can change things.

You feel bored



→ Have a plan for your day. This can stop you getting bored.



→ You can use a visual timetable to help you know what you are doing.



→ If you are bored, you could try a new activity or hobby.



→ Talk to your support worker, family or social worker about trying something new.

You fall out with your housemates



→ Sometimes living with other people can be difficult. People fall out sometimes!



→ If you fall out with someone, talk to your support worker. You can work together to fix the problem.



→ They will help you to sit down with your housemates and talk things through.

You need more help



→ It can be hard to ask for help. It is a good idea to let people help you if you need it.



→ Your support worker is there to help you.

You can also ask your family, advocate or social worker for help.

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

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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