



**Down's Syndrome  
Association**

A Registered Charity No. 1061474

## Listen To Me Series



# Listen To Me

Growing up – thinking about being an adult

13+ Transition

*Easy Read*

## 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.



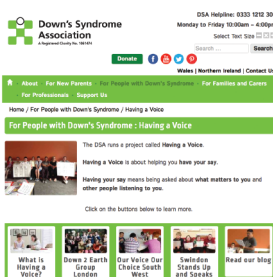
→ We ask **Having a Voice groups** to help us make Easy Read information.



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

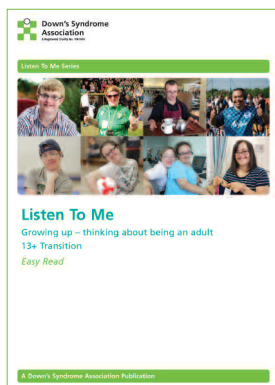


→ **Having a Voice groups** make sure the Easy Read information is easy to understand.



→ 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 **transition**.



→ **Transition** means changing, or growing up.



→ You will have meetings to help you with your **transition**.



→ My Future Planners on pages 8 and 9 will help you.

## What is a Transition Meeting?



→ A **transition meeting** is a talk with people that **you know well**.

*Insert a picture of you*

→ It will be all about **you**.



→ It is about what you want to do when you are **16**.



→ You will begin to plan for your future.

*Insert a picture of your supporters*

→ Your transition meeting will be with **people you know**, like your parents and teachers.



→ Everyone in the meeting **should listen to you**.



→ It is important that you **say what you want to say**.



→ The people in the meeting should make sure that you **understand**.





→ You can tell people about:



→ • what you do well – your strengths



→ • your likes and dislikes






→ • your interests and hobbies



→ • your future and what you want

## Listen To Me Board

*The Listen To Me Board can help you tell people about what you want. Place your photos, pictures and words in the boxes.*

<b>I like...</b>	<b>O.K.</b>	<b>I don't like...</b>
		

## My Future Planner

### What do I want to do?



Stay at School or College?



Specialist College?



Work?

**WORKFIT**<sup>®</sup>

Find out more at [www.dsworkfit.org.uk](http://www.dsworkfit.org.uk)



# My Future Planner

## Where do I want to live?



**With family?**



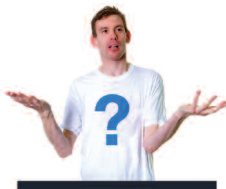
**With friends?**



**On my own?**



**Supported living?**

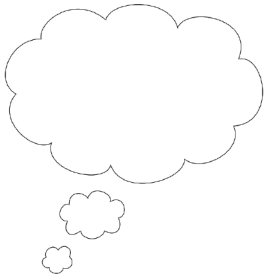


**Somewhere else?**

## Your Future



→ **Don't worry** if you aren't sure yet. Lots of people aren't.



→ This leaflet is just to help you start thinking ahead.



## How we can help



→ The Down's Syndrome Association has a helpline. You can call us on **0333 1212 300**. We are happy to answer your questions.

The helpline is open Monday to Friday from 10am until 4pm.

## 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](mailto:info@downs-syndrome.org.uk)

## Down's Syndrome Association



**Down's Syndrome Association**  
A Registered Charity No. 1061474

→ **Address:** Langdon Down Centre,  
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Middlesex TW11 9PS

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

**E-mail:** [info@downs-syndrome.org.uk](mailto:info@downs-syndrome.org.uk)

**Website:** [www.downs-syndrome.org.uk](http://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

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2a Langdon Park, Teddington,  
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**f.** 020 8614 5127

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[www.dsactive.org](http://www.dsactive.org)



[www.dsworkfit.org.uk](http://www.dsworkfit.org.uk)



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LEARNING  
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