



**Down's Syndrome
Association**

A Registered Charity No. 1061474



Celebrating our Lives

Adults with Down's syndrome

'I want everyone with Down's syndrome to have a good life'

Bethany, an adult with Down's syndrome

Celebrating our lives

The quality of life, life expectancy and inclusion in the community for people with Down's syndrome have gradually been transformed as education and support have improved. There are now more opportunities for people with Down's syndrome to lead the lives they want to, however, we know that we still have work to do to ensure that people with Down's syndrome have many of the same life chances the general population take for granted.

Everyone with Down's syndrome is a unique individual, so daily life for each person will be different. We have gathered these life stories to give you examples of what life is like for adults with Down's syndrome today.

All of the people featured here need varying degrees of support on a daily basis from family and/or paid support workers. Everyone has faced challenges and for those who have left the family home, organisation of the move will have taken much time and planning on the part of family, social services and the person with Down's syndrome.

Even with lots of thought and planning it may take time for the person to adjust to their new home and for those supporting the person to hone the level of support they are providing to make sure it is right. There will be times when people need less or more support in their lives as their needs change.

We hope these life stories will alter what you thought you knew about people with Down's syndrome. It may also be a useful tool for people with Down's syndrome and their families to start a conversation about trying something new and /or to begin planning for the future.

It's never too late to think about being more independent as you will discover when you read about Paul who moved into his flat when he was 42 years old.

*Supported living is referred to in this booklet. Supported living is essentially living in your own home with support. This may be a house or a flat, it may be shared or not and it may be rented or partly/fully owned. The set up will be different for every individual and will depend on many factors, including the level of support needed, what the person wants out of supported living and what's available in the local area. Support and housing tend to be provided separately.

Charlie

Charlie is an artist in his early twenties who lives with his family. He has a website www.justcharriefrench.org where he sells his work and blogs.

Charlie is always keen to learn new techniques; he has recently been working with art tutors to create works using spray paint.

Charlie has a personal trainer and he enjoys running, biking, horse riding, swimming, baseball and bowling. When he's not doing sport he likes eating out with friends, singing, baking, listening to music or reading. Charlie is also an artist who is very proud of his paintings. His favourite TV shows are 'Foyle's War' and 'The Flash'. Family, friends and his dog are all important to Charlie.

To live the life that he wants, Charlie needs support and some prompting on a daily basis. Charlie has some help with tasks such as doing his laundry, sorting out his clothing, cooking, shopping, and getting to and from his activities.

'There need to be burgers in my life!'

Charlie

'I like to be funny and laugh.'

Charlie

'Charlie brings out the best in the people he meets in his life.'

Karen, Charlie's mum



'Sam loves to go the local pub when karaoke is on. She is known by everyone in the pub and gets the biggest cheer of the night when she sings her 2 songs 'Gangnam style' and 'Hideaway.'

Debbie, Sam's mum

Sam

Sam is in her early twenties and lives at home with her family. Sam has a dual diagnosis of Autism Spectrum Condition and Down's syndrome.

Sam and her family are really proud that she achieved her Bronze Duke of Edinburgh award in which she went climbing, camping, sailing and dragon boat racing.

Listening to a wide variety of music and singing along is something Sam really enjoys, but her favourite activity is going the pub to watch her dad play darts.

Sam finds change and new places difficult so she is happiest when she has set routines (she knows Friday is food shopping day with her dad followed by a treat of sausage and chips from the local take away!). Sam enjoys helping with the housework and she keeps her own room very tidy.

Sam goes to a day centre twice a week where she loves dancing and doing jigsaw puzzles. Sam's one to one personal assistant travels to and from the day centre with her. Sam cannot write, but she can read short easy sentences.

Sam has help with getting around, making some decisions and her bedtime routine. Like us all, she sometimes needs prompting to get up in the morning!

'Her caring nature shone through when her grandmother died. She supported everyone, especially her dad by making us laugh and being so honest. She was amazing.'

Debbie, Sam's mum



Emily

Emily is in her twenties and she lives with her mum and dad. It's really important to Emily to be independent and to spend time away from mum and dad with her support worker Lily. Lily spends Saturdays with Emily and goes with her to her voluntary job at the YMCA. Emily helps to prepare and serve food for a group of young people with special needs. After work they go for coffee together (Emily loves gingerbread latte). They also go to a musical theatre group where Emily is part of a non-special needs group. She has performed in a show every year for the past few years and has passed several exams along with the other students.

In her spare time Emily likes to go to the cinema, ten pin bowling, TV (including Monty Python, the Simpsons, the Voice and Live at the Apollo) and shopping. She loves listening to a range of music and she really enjoys a disco!

There is a very long list of things that make Emily happy including: *“making other people laugh, howling with laughter, fireworks, chocolate, college, church, doing travel training, work experience, sunshine, shooting stars, animals, food, friends and family, rain because it makes the plants grow, summer holidays, the sea, dancing and karaoke.”*

Emily needs some support for her to have such a busy life. Her dad says that she definitely needs prompting to get up on time! Emily also needs some assistance with her daily routine. Emily is learning to be a bit more independent in getting to and from places, but she still needs some prompting and support to do so. Emily's mum and dad try to support Emily to eat healthily and to make healthy choices about food.



'I want to live with my boyfriend on our own.'

Emily

'I think what REALLY makes Emily happy is security. She is secure in who she is, her place in the world, she is secure in being a respected and much loved member of our family and her community and this gives her a platform to be who she is, to be Emily.'

Paul, Emily's dad

'My girlfriend, being appreciated, keeping busy and helping people all make me happy.'

Gareth

Gareth

Gareth is really proud of being best man for one of his brothers, of his appearances in various drama productions and of helping a friend to learn to travel more independently.

After being on a waiting list for supported living for several years Gareth, who is in his thirties, has moved into temporary accommodation as a lodger in a 24 hour care home. This is the first step towards moving into a supported living house which Gareth will share with three other adults. Gareth's new house will be a short walk from his girlfriend's home and near major bus routes to continue his weekly travels.

Gareth has a couple of voluntary jobs at a café and also in a hospital. When he is not working, he likes going to the pub for a drink and a chat or meeting his friends for a meal. One of his interests is visiting National Trust gardens and taking photos.

Gareth's mum says 'There have been lots of changes, for us all, but he came to visit us last weekend to be the first visitor to stay the weekend in our new home. That was good, but he was happy to go back when the time came.'

Gareth is a committed and much loved member of his local church and he belongs to the church home group. He is a really sociable person, but like many of us he enjoys his private time alone. To chill out he reads (particular favourites are newspapers, BBC wildlife magazine and books about Dr Who), listens to music, watches films and goes on social media.

'Gareth came to live with us when he was 5 months old..... his influence on our family has been significant, and he is much loved.'

Karen, Gareth's mum



Jack

Jack, who is in his early twenties, is happily settled with a housemate in supported living. Jack's family are very important to him, so he visits them every couple of weeks.

Jack has a busy life and has regular support. Two support workers go with him when he goes swimming, plays football and golf (all of which he really enjoys).

When he's not being sporty, Jack enjoys going to the local pub for a meal and a game of pool, going to the cinema and the social club. His supporters are helping him to learn about friendships; they are planning with Jack for a weekend away with another young man with Down's syndrome.

At home Jack loves drawing, colouring, dancing, listening to music and watching football. He likes all kinds of music including the Red Hot Chilli Peppers, rock and roll, classical and musicals such as The Lion King. He also has a large DVD collection and likes to watch wildlife programmes, Batman, Spiderman and Harry Potter amongst many others.

Jack finds reading difficult, but he still enjoys looking at books about Batman and Spiderman.

'Being happy and having the right people/ carers watching over him makes Jack feel safe.'

Susanne, Jack's mum

'Jack is happy doing things he enjoys, making people laugh, spending time with family and especially enjoys Christmas and Halloween!'

Susanne, Jack's mum



'Jack has a chalk board wall on which he draws pictures as a way of telling his support workers what he wants. He also uses it to write his Birthday and Christmas wish lists!'

Susanne, Jack's mum

'Jack is proud to be learning new skills like cooking and cleaning and also that he is learning new words which help him to be more independent.'

Susanne, Jack's mum

'I like going out to cafes, restaurants and bars, sometimes with friends from my advocacy group and sometimes with my other friends.'

Sam

Sam

You've probably seen Sam on TV or in a film; getting a new acting role makes him very happy. He has appeared in EastEnders, Oxford Murders, The Suspicions of Mr Whicher and The Inbetweeners. He has also given a number of live TV and radio interviews. Sam is very proud of gaining a place on an acting course as a result of his audition. In addition to his acting career, he has a paid part-time job as an admin assistant with his local council.

Sam and fellow members of a self-advocacy group produce and present a half hour weekly radio show for local community radio. The group have also produced a film for the Oska Bright Film Festival.

Sam enjoys supporting his local football team, chilling out in front of the TV watching soaps or the wrestling and playing on his PlayStation.

Sam's dad helps him to stay on track by prompting him when he needs it and by taking him to and from his various activities.

'Sam is helping people "get past labels".'

Malcolm, Sam's dad

'Sam is great fun and a very caring person. Caring is a two way thing for him.'

Malcolm, Sam's dad

'Sam is very knowledgeable about pop music from the 50's to the present day. His likes range from The Beatles to One Direction (and all points between!).'

Malcolm, Sam's dad



Paul

Paul is a volunteer at his local museum where he is helping to catalogue historical photos. Paul has support during the week from personal assistants whom he recruited. They help him to get to the museum, along with his various art, crafts, dance and drama groups. Paul enjoys going to shows, family parties, catching a film at the cinema, tenpin bowling and drumming lessons.

Paul lives in a rural area so public transport is limited. He has also had a few mishaps with buses so one of his support workers or family usually takes him to where he needs to be.

When he is relaxing at home, Paul likes playing on the Wii, using the internet, music (particularly Elvis and rock & roll), watching TV (James Bond, football, The Bill and wrestling) and looking at football magazines and catalogues.



'My Independence, my flat, my family, dogs, my support workers and doing what I like are important to me'

Paul

'Paul, age 46, has proudly lived independently in his own flat for over four years.'

Bing, Paul's dad

'Paul's journey through life has not been easy, we have had to fight for everything to get him the independence he seeks.' Bing, Paul's dad

'I love to cook. My favourite meal is spaghetti Bolognese.'

Sam

Sam

Sam lives with a friend in a supported living house; he says living in a shared house is 'brilliant'. When he first moved in Sam had 24 hour support (sometimes shared with his housemate). He is very proud that after 18 months he needed less support as he has learnt to be more independent. Sam uses his support to help him cook meals, keep track of finances, go to new places, manage his time, keep the house tidy, explore the local town, for shopping and looking for new job opportunities. Sam has learnt many bus routes by being part of a 'bus buddy scheme'; this means that he is able to travel independently to meet up with friends and family.

'I am proud that Workfit is amazing, they help us to get a job, paid job or voluntary work.' (DSA's Workfit programme helped Sam get some work experience in a restaurant.)

'Sam is relentlessly upbeat and positive. He is well liked everywhere he goes. He pushed hard to be a mentor for his friends who were new to supported living and he offers advice on working towards independence. He has completed multiple college courses and held down a variety of jobs. He's keen to explore the world.'

Robin, Sam's Support Co-ordinator

Sam has a job in a kitchen at a local pub where he works two shifts a week. Sam says he likes having a job so he can 'be part of a team', 'learn new skills', 'meet people' and 'make his own money'. Sam usually pops into the gym either before or after work to use the running and rowing machines. He is also part of a football team who meet once a week and sometimes plays in tournaments, and he likes swimming.

Sam has built up many friendships with people he has met through college, work, discos and nightclubs. He meets up with his friends regularly and enjoys day trips, hearing live bands, going to football matches, the cinema, having a drink in his local pub, karaoke, crazy golf and eating out.

When he is having a quiet night at home, Sam likes watching shows like X Factor and Britain's Got Talent or listening to music. Some of his favourites include Abba, High School Musical and Britney Spears.



Bethany

Bethany is very proud of her flat where she has been living, with support from a personal assistant, for two years. Being independent and working as a waitress at a local university are really important to Bethany. Bethany is also a member of an advisory panel for the Welsh Government. Her personal assistant supports Bethany in this role where she has given talks and presentations.

Bethany goes to a social club and the pub to socialise but she says that she prefers home and doing her own thing such as baking, reading (The Hobbit), writing stories, listening to music or watching films. Bethany's tastes in music range widely including One Direction, orchestral and songs at church. To stay fit Bethany goes swimming and to the gym.

'In my life, important to me are my family, housemate, neighbours, supporters, friends and work friends; control of my life and laughing are important to me. "My life makes me happy!"

Bethany

'I want everyone with Down's syndrome to have a good life'

Bethany



He is much more capable than my parents and I gave him credit for.'

Emma, David's sister

David

David moved out of the family home six years ago when he was in his thirties; initially he moved into a flat, but now he lives in a house which he part owns. He has support workers who help him with shopping, cooking, keeping the house in order, budgeting and organising some of his social activities.

David is very active and health conscious; he eats healthily, swims, plays badminton and takes regular walks. He enjoys watching football, rugby and cricket live and on TV.

'Now David has it just right, he knows what he wants, he is happy.'

Emma, David's sister

Like many of us when we leave home, David started to develop some bad eating habits and put on weight. With support from family, support workers and a slimming club David became a convert to healthy eating. David won awards for losing quite a lot of weight. It's David who now makes sure that any new support staff are aware that he doesn't eat processed food and that he likes to cook with fresh healthy ingredients.

'He is a popular guy in our local town and I like to think that he challenges the stereotype of someone with a learning disability. He is confident and pretty cool!' Emma, David's sister

'He has a lot of people that look out for him so we don't worry about him being alone too much.'

Emma, David's sister



Emma

Emma, who is in her twenties, now lives with her family after she spent three years at a residential further education college for people with learning disabilities. She is very proud of her time at college learning to be more independent and of her glowing leaving report.

Emma has a one day a week work placement at a local nursing home where she is learning the skills to be a housekeeper. As part of her work placement she is learning about travelling on the bus independently and also about time keeping. It is really important to Emma that her support workers help her to go to work and socialise independently of her mum and dad.

Emma goes to a number of social groups that organise days out, trips to the pub, bowling, karaoke nights and discos. Emma also really enjoys being part of a music and drama group. At home she listens to music, reads (Harry Potter), watches TV (soaps and talent shows), plays PlayStation games, does crafts and adult colouring books. To stay healthy Emma swims, dances, goes to Zumba sessions and walks Barney, the family dog.

'Emma is a friendly person, often quiet, but loves her singing and music so there's never a dull moment.'

Joanne, Emma's mum



"Emma has challenges ahead and she is still learning, I guess like any of us; she sometimes needs an extra hand".

Joanne, Emma's mum

'Feeling involved, included, needed and busy (at work), affection, feeling secure and safe, having a good level of independence and friends and family are all important to James.'

Shelley, James's mum

James

James is in his twenties and he lives with his parents. James gained a place, through interviews and auditions, on a diploma course for people with a learning disability to study performance arts. He has lots of interests including live music, drama, football, walking the family dogs, musicals, cinema and the internet.

James has a wide social circle including old school friends with whom he goes to see live bands. He has a very active social life and likes going out for a drink, dancing, eating out, bowling, karaoke, playing pool and going to a social and dating group. James gets around by bus or his family give him lifts.

For exercise James rides a tandem with his dad, he swims and he uses an exercise bike. He is looking for opportunities to play football and he is keen to try new sports. When he has a quiet moment James enjoys reading the sports pages in The Times and TV soap magazines and watching TV (Match of the Day, EastEnders, Coronation Street, Emmerdale, Football League Show, Mrs Brown's Boys, You've Been Framed, Awards Shows).

'James is a cool cat and dicey dude! He has amazing comedy timing and wit. He likes to look and smell good!'

Shelley, James's mum



Lauren

Lauren, who is in her late teens, loves spending time with her family, watching TV, playing games, going for walks and drives. She is very active; she goes to street dance classes and dance/fitness classes every week and she exercises on her own or with family to a workout DVD or to online workouts on YouTube. Lauren particularly likes dancing and listening to pop, rap, dance, upbeat house and African club music. She's a dab hand on the decks and often likes to take over the music at parties.



Lauren's proudest moments are performing a contemporary dance piece at the Royal Festival Hall and passing exams at school.

Lauren's family prompt her when she needs reminders with her daily routine. They also help her with shopping, money and learning new walking routes and to travel on public transport. Like many people of her age Lauren needs prompts to keep her room tidy and to do her share of the household chores!

Lauren recently joined a friendship group who meet up on a monthly basis and decide where they want to go and what they want to do. She keeps in touch with friends using her mobile, tablet and social media.

When she's not exercising, Lauren enjoys surfing the internet, cooking and baking, doing quizzes, eating out with friends or family and trying new foods, going to the theatre and cinema or to see a musical or live band.

'Family always comes first; my sister, my cat Molly, mum and dad, all of the people related to me who passed away and my uncle. Feeling confident and my friends.'

Lauren

'Lauren literally counts down the days to our annual holiday to Majorca. We have been going there as a family for years and Lauren loves it.'
Margaret, Lauren's mum

At home Lauren reads (magazines and books written by Jacqueline Wilson) and she watches a wide range of TV programmes (Waterloo Road, EastEnders, Coronation Street, Hollyoaks, The Only Way is Essex, BBC news, Mr Selfridge, Call the Midwife). Lauren loves Miranda Hart and she was really sad when the TV show ended. She thoroughly enjoyed the BBC series Dumping Ground especially as it had a character with Down's syndrome in it.

'I am a very charming man. I am very kind to people but sometimes have a very good sense of humour. I like to tell them funny jokes. I love making other people laugh. I would like to do it for a job. My dream job is cooking food for people's lives. I wish I can win the lottery to have a new house away in Italy and Spain. It will be exciting for me to get lucky quickly.'

Nicky

Nicky

Nicky, who lives with his family, is at college taking an Independent Living Course where he does car maintenance, cooking, drama, work awareness and health & safety. Nicky is very proud to have achieved his bronze and silver certificates for sailing from the Royal Yachting Association.

He has a very active life: he has karate lessons, he swims regularly, goes to a local youth club, takes country walks with his mum and he loves sailing. His family take Nicky in the car to where he needs to be.

Close and extended family are very important to Nicky and make him happy; he very much enjoys visiting family in Spain. His favourite holidays are those spent in warmer sunnier countries such as Italy, Morocco and Spain where he can go to the beach and sunbathe.

Nicky relaxes by listening to music (he likes Abba, Amy Winehouse, Mozart, Cheryl Cole, hip hop, James Blunt, Michael Jackson, Jagger, Grease and Lady GaGa) and watching TV (e.g. Friends, A Place In The Sun, Ugly Betty, Home and Away, Desperate Housewives, Downton Abbey, Indian Summers, Grand Hotel, Three in a Bed, Say Yes to the Dress). He also likes cooking, drama and using his iPad.

Nicky's mum says 'he is an absolute charmer with everyone, a real joker and in general a very happy, independent and loving young man who enjoys life and every activity he is involved in.'

'My mother is a Spanish woman she is very lovely and caring mum – World's best mother! She is a very good cook she makes us delicious Spanish foods like Paella.'

Nicky



Sarah

Sarah is very proud of doing a First Aid course, visiting the House of Commons and of meeting a number of celebrities including Mark Owen from Take That. Sarah is in her forties, she lives with her parents and she works at a volunteer centre. Sarah is supported to travel to and from town.

Family, music (One Direction, Michael Ball, Barry Manilow), love, support and fine weather are very important to Sarah and make her happy. She enjoys making things; she puts together scrapbooks containing things of importance to her, she likes colouring books and she goes to arts and crafts classes twice a week.

Sarah enjoys walking to stay healthy and when she is relaxing she likes reading Inside Soap Magazine or watching TV programmes such as Neighbours, Home and Away, Hollyoaks, Coronation Street and EastEnders.

'Sarah is very modest. She appreciates many things. She adores her family.'

David, Sarah's dad

Dad says 'Sarah tries to achieve goals in her life with our reassurance.'



'Oliver is friendly, outgoing, happy, honest, popular and funny'

Fiona, Oliver's mum

Oliver

Oliver is immensely proud of achieving his Duke of Edinburgh bronze award, getting a job and of having his art displayed at a local museum. Oliver, who lives at home with his family, has a long list of things that are important to him and make him feel happy (Xbox games, pets, socialising, dancing, drama, singing, parties, chatting, friends, family, music, his support workers and sausages!)

Like any young man Oliver wants to look and feel good so personal grooming and clothes shopping are important to him. Oliver's parents help with daily routines, how to use money, how to keep track of time and reminders about where he needs to be. They take him by car to his various activities.

When he is chilling out he likes using his tablet, colouring books and watching TV programmes such as The Bill, Only Fools and Horses, Casualty Goodnight Sweetheart and EastEnders. Music plays a big part in Oliver's life (One Direction, Olly Murs, Sam Smith and Take That) and he enjoys going to concerts and musicals such as Joseph, Hairspray and Oklahoma. He also reads books about High School Musical and books from the Oxford Reading Tree series.

Oliver supports his local rugby league football club and to keep fit he plays football and golf.



Laura

Laura lives in a house that she shares with a friend (supported living). Laura has a part time, paid job at a restaurant. She has paid support workers to help her on a day to day basis. They support Laura with cooking, paying bills, cleaning, shopping, relationships and socialising. For part of the week Laura goes to a day centre.

Laura enjoys watching DVDs, making loom bands, swimming with a swimming club, discos, gym, Zumba, walking and going to the cinema and eating out with friends.



Mum says 'Laura's proudest moments were swimming a mile for charity and winning at cricket.'

Her favourite music includes Westlife, Abba, Boyzone, Robbie Williams, Sounds of Music and Amy Winehouse. Laura enjoys EastEnders and Friends on TV and she catches up with all the latest soap gossip by reading All About Soaps magazine.

'Family and friends and my support staff are important to me.'

Laura



Stephanie

Stephanie is in her mid-twenties and she lives with her family. She uses public transport independently, but for some of her activities mum or her support worker may accompany Stephanie. Stephanie needs someone to help her if she has to go to somewhere she has never been before.

'My mum looks after me and makes my dinner. My friends and family are important.'

Stephanie

Stephanie and her mum sit down together each week to fill in Stephanie's diary so that she can see where she is supposed to be each day. With this visual aid she can prepare for her activities and make packed lunches in advance. She can prepare meals and needs support when planning and following recipes.

Stephanie attends a drama based day centre for two days each week and a work training scheme in a catering establishment for another two days. Stephanie has recently begun a work placement at Costa Coffee; she particularly enjoys the social side of her job especially when someone she knows comes in for coffee.

Mum says 'Stephanie is proud of being on stage with her amateur dramatics society and being totally included and accepted.'

'I got a job at Costa Coffee. I have been in 16 DVDs with my theatre group.'

Stephanie

She is an active and enthusiastic member of the chorus line of a local amateur dramatics society; to date she has appeared in 12 stage shows including six pantomimes. Stephanie previously enjoyed a film project where she appeared in five short pieces. She also enjoys going to the cinema, swimming and gym with her support worker, playing pool at the pub and going for pizza with friends.

When she is at home Stephanie likes to read about different topics; she is particular keen on books about killer whales or Egyptians. She is an avid YouTube user and she enjoys medical soaps such as Holby City and Casualty.

Mum says 'Stephanie is a bubbly person with a really good sense of humour. She attended mainstream school until aged 17. She has loads of self-confidence and loves to be helpful.'

'I go on the bus and metro by myself.'

Stephanie

Simon

Simon, who is in his twenties and lives with his family, is a very sociable person who likes being busy. He has always loved drama and he took part in Rock Challenge for eight years while he was at school. Simon is going to take part in a drama festival in Australia which will give him the chance to work with a mainstream drama company. Understandably he is very excited about this opportunity!

During the week he has a number of placements where he learns skills to help him be more independent, he learns about theatre arts and he socialises and does lots of sports and exercise. He plays basketball, tennis, and football and he does circuit training, dancing, Zumba, and yoga and fitness classes.

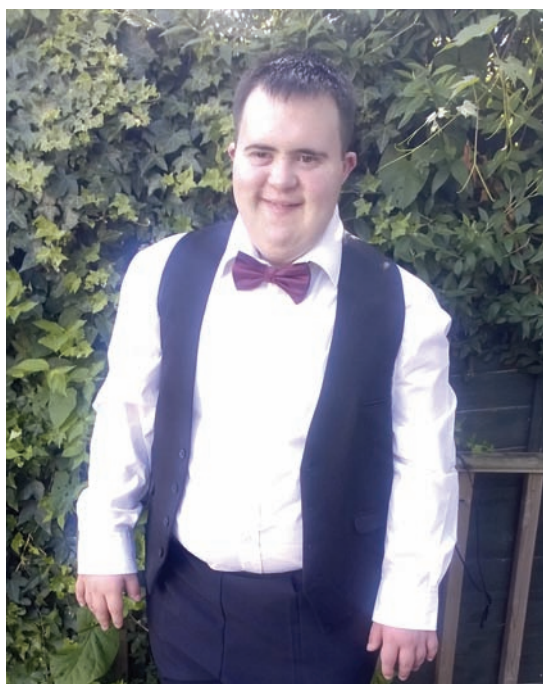
'Doing things he enjoys, having choices, being understood and family are all very important for Simon.'

Simon's mum

Simon is very proud of attending his school prom and of the many swimming medals he has won.

Simon also enjoys bowling, Topgolf, cinema, theatre, going to watch football with his brother, swimming, his Xbox and iPad and theme parks. Simon's family and his support worker help him to lead such a busy life. When he is at home Simon loves listening to pop music (he has all the 'Now that's what I call music' CDs) and he watches talent shows such as X Factor, Take Me Out, Saturday Night Take Away and Britain's Got Talent.

Mum says 'Being out and having fun with friends makes Simon happy.'



If you have any questions about life for adults today, please call Tel: 0333 1212 300 or email info@downs-syndrome.org.uk and we will be glad to help.

We estimate there are over 40,000 people with Down's syndrome in the UK. The adults featured in this publication are only a few examples of people with Down's syndrome living the lives they want to lead.

If you want to read more about the lives of people with Down's syndrome today, take a look at our Down2Earth magazine. This is a magazine written by and for people with Down's syndrome. You may also like to take a look at our 'Having A Voice' project which is about regional groups of people with Down's syndrome getting together to have their say. Further information can be found on the section of our website for people with Down's syndrome.

If you are thinking about supported living, take a look at the resources on our website. These include:

- a series of videos featuring people with Down's syndrome, support workers and parents talking about supported living
- information for parents
- easy read information for people with Down's syndrome.

Whether a person is living with family or in their own home, good health is really important. All adults with Down's syndrome (and 14 to 17 year olds) are entitled to a free annual health check with their GP. There is more information about free annual health checks on our website.

We have produced a Health Book for use at the annual health check. This is sent free of charge to all our adult members with Down's syndrome. Membership of the DSA is free to adults with Down's syndrome; further information about membership can be found on our website.

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.

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