



**Down's Syndrome  
Association**

A Registered Charity No. 1061474

Living the Way You Want Series



# Learning to be More Independent

*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 learning to be more independent.

## What you can learn

You can learn about:



→ • jobs you need to do in your home



→ • how to learn new skills



→ • people who can help you



→ There are lots of jobs you need to do in your home. You get help with these jobs. You can also start to learn how to do more things for yourself.

## Things you can learn



→ There are lots of jobs that need doing when you live in your own home. Some jobs that need doing are:



→ • cooking food



→ • cleaning



→ • washing clothes



→ • looking after your money



→ • shopping



→ • taking care of yourself



→ It doesn't matter what you can and can't do already.

Be proud of what you can do!  
There is always more to learn.

## Quick tips for learning new things



→ Watch how other people do jobs at home.

You could do one small thing, like passing clothes to put in the washing machine.



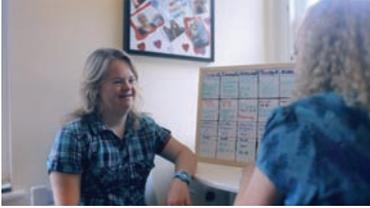
→ You don't have to learn everything at once.

Use pictures or videos to help you.



→ You need to practice what you learn.

Ask people to remind you what you need to do.



→ Some people do a college course to learn how to be more independent.

## It is OK to need help!



→ You may still need help sometimes.

This is OK. Just do what you can and be proud of yourself!

## People who can help you



→ Some people who can help you be more independent are:

- support worker
- family
- friends
- college teacher
- social worker

## 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

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**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

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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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