

HELPING AN ADULT WITH DOWN SYNDROME MANAGE THEIR EMOTIONS

SUPPORTING DAILY ANGER, FRUSTRATION, ANXIETY, AND HYPERSENSITIVITY

For parents, family caregivers, professionals, and relatives supporting an adult with Down syndrome

Understand triggers, prevent crises, and build a secure environment

Duration : 5 hours	Modules : 5 modules
Lessons : 13 lessons	Audience : Parents, caregivers, professionals supporting adults with Down syndrome
Format : 100% online, asynchronous	Provider : N° 11757351875
Certification : Qualiopi	Price : On request

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Course description

Adults with Down syndrome experience their emotions with particular intensity. This is not a whim or immature behavior, but the result of neurological and developmental factors that persist into adulthood. This comprehensive training gives you concrete keys to understand the emotional world of the adult with Down syndrome and provides practical tools to help them express and regulate their emotions. You will learn to identify triggers, recognize warning signs, manage crises with respect and dignity, and build a predictable environment that prevents overflow. By the end of this training, you will be able to support emotional development while fostering the person's confidence in the long term.

Module summary

MODULE 1	Understanding Emotions in Adults with Down Syndrome	3 lessons
MODULE 2	Helping the adult express their emotions	3 lessons
MODULE 3	Managing Emotional Crises	3 lessons
MODULE 4	Developing Emotional Trust	3 lessons
MODULE 5	The DYNSEO tools	1 lesson

Learning objectives

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- Understand why emotions can be intense: prefrontal cortex development, communication frustration, sensory hypersensitivity
- Identify common triggers: fatigue, unexpected events, social situations, transitions, sensory overload, autonomy frustrations
- Recognize warning signs before a crisis: physical signs, behavioral changes, communication modifications
- Use visual supports appropriate for adults: emotion cards, stress scales, apps, pictograms, need cards
- Develop emotional vocabulary and establish regulation routines: breathing techniques, physical activity, sensory activities
- Manage crises with a firm but respectful framework while maintaining adult dignity
- Apply calming techniques: guided breathing, movement, deep pressure, isolation, water, redirection
- Support the post-crisis phase and turn it into a learning opportunity
- Value progress in an adult manner without condescension
- Create a predictable and secure environment: visual schedules, transition rituals, stability
- Anticipate difficult situations with social scenarios and practical toolboxes
- Discover the JOE app for cognitive stimulation and calming routines

General information

Duration	5 hours – Self-paced online learning
Target audience	Parents, family caregivers, professionals, and relatives supporting an adult with Down syndrome
Prerequisites	None – Training accessible to all adults
Price	Sur devis – TVA non applicable (article 261-4-4° du CGI)
Certification	Qualiopi – Attestation de fin de formation
Organization	DYNSEO – N° de déclaration d'activité : 11757351875

Lesson 1 - Lesson 1: Why Emotions Are Sometimes Intense

- Different development of the prefrontal cortex and implications for emotional regulation
- Gap between feeling and expression: communicative frustration
- Sensory hypersensitivity: noises, crowds, lights experienced as assaults
- Difficulties in decoding implicit social codes and subtle facial expressions
- Acute awareness of one's difference and accumulated emotional wounds

Lesson 2 - Lesson 2: Common Triggers

- Physical and cognitive fatigue: muscle tone, compensatory effort, workday demands
- Unexpected events and changes in routine: schedules, staff changes, canceled activities
- Complex social situations: long instructions, conflicts, misunderstandings
- Transitions between activities or environments and sensory overload
- Frustrations related to autonomy, relational issues, and health anxiety

Lesson 3 - Lesson 3: How to Spot the Signs Before the Crisis

- Physical signs: tense shoulders, clenched fists, contracted jaw, accelerated breathing
- Behavioral changes: restlessness or withdrawal, avoidance of eye contact
- Communication modifications: altered tone, compulsive repetitions, accelerated speech
- Disproportionate reactions and verbalizations of discomfort
- Create a visual scale from 1 to 5 to identify and communicate stress level

Lesson 1 - Lesson 1: Visual Aids Suitable for Adults

- Adult version of emotion cards: realistic faces, nuanced emotions
- Stress scale from 1 to 10 with subtle visual degrees
- Smartphone applications to track mood: discretion and normalization
- Pictograms of situations and need cards: calm, movement, alone, talk, help
- Involve the adult in creating tools as communication aids, not childish supports

Lesson 2 - Lesson 2: Developing Emotional Vocabulary

- Start from existing vocabulary and model emotional expression daily
- Put words to observed emotions: 'You seem upset, is that right?'
- Use media: movies, series, books to identify characters' emotions
- Introduce nuances: 'a little annoyed' versus 'very angry'
- Link emotions and bodily sensations: 'What do you feel in your body?'

Lesson 3 - Lesson 3: Emotional Regulation Routines

- Freely accessible withdrawal space: refuge with soothing elements, not punishment
- Breathing techniques: abdominal breathing, square breathing (4-4-4-4)
- Regular physical activity as emotional outlet: walking, swimming, adapted sports
- Soothing sensory activities: music, objects to manipulate, bath, massage
- Decompression time and regular emotional assessment after intense activities

Lesson 1 - Lesson 1: Maintain a firm but respectful framework

- Ensure safety as priority: for the person, oneself, and the environment
- Stay calm: breathe deeply, lower your tone, slow down movements
- Maintain boundaries with respect for adult dignity: avoid 'Calm down!'
- Use simple and soothing language: 'You are safe,' 'I am here,' 'It will pass'
- Respect individual needs and do not punish the crisis

Lesson 2 - Lesson 2: Techniques for Calming Down

- Guided breathing: setting an example, counting out loud, extending exhalation
- Movement: walking, shaking hands, stretching, tightening and relaxing muscles
- Deep pressure: firm hugs, weighted blankets, pressure on shoulders and arms

- Voluntary isolation in quiet space and water: drinking, face splash, warm shower
- Redirection of attention: music, calming activity, simple shared occupation

Lesson 3 - Lesson 3: After the Crisis

- Recovery time: allow body and brain to rebalance before discussion
- Welcome post-crisis emotions: tears, sadness, shame, guilt are normal
- Respectful debriefing: identify trigger without blaming, use simple language
- Explore alternatives: 'Next time, what could we do?'
- Separate emotion from behavior: anger is acceptable, violence is not

MODULE 4

Developing Emotional Trust

3 lessons

Lesson 1 - Lesson 1: Valuing Progress

- Celebrate small steps: verbalizing discomfort, withdrawing before crisis, using techniques
- Recognize efforts in an adult manner: avoid condescending tone, value competence
- Involve the person in evaluation: 'How do you think you handled the situation?'
- Do not compare: celebrate THEIR progress in relation to themselves
- Accept ups and downs: emotional progression is never linear

Lesson 2 - Lesson 2: Create a Predictable and Safe Environment

- Visual schedules adapted for adults: paper or electronic agenda, smartphone app
- Notify changes as early as possible: explain what changes and what remains the same
- Transition rituals: break time between work and evening activities
- Stability of reference persons: limit changes, prepare extensively if unavoidable
- Prepare new experiences: photos, videos, preparatory visits

Lesson 3 - Lesson 3: Anticipating Difficult Situations

- List recurring difficult situations: transportation, medical appointments, social events
- Create social scenarios for each situation: what will happen, how to react
- Prepare the toolbox: headphones, music, sensory object, snack, water
- Briefing before situation and gradual introduction for particularly difficult ones
- Always have Plan B and celebrate successes when anticipated situations go well

MODULE 5

The DYNSEO tools

1 lesson

Lesson 1 - Lesson 1: JOE, your brain coach

- JOE app: playful cognitive stimulation for adults with 30+ games
- Focus on memory, attention, language, logic, and spatial awareness
- Adjustable difficulty levels to progress without frustration
- Designed with healthcare professionals: clear instructions, clean interface
- Integration into calming daily routine and two-player mode for connection

Teaching methods

- 100% online training, accessible from computer or tablet
- Self-paced learning: progress whenever you wish, without time constraints
- Progressive modules with practical exercises and real-life scenarios
- Downloadable tools: emotional episode journal, visual stress scale, warning signs grid
- Guided breathing techniques and social scenarios for difficult situations
- Post-crisis debriefing strategies and concrete daily application
- Access to the JOE app for cognitive stimulation and calming activities
- Certificate of completion upon finishing the training