

# SUPPORTING AN ADULT WITH DOWN SYNDROME: SOCIAL LIFE, EMPLOYMENT, INDEPENDENCE

For families, relatives, and caregivers supporting an adult with Down syndrome

Guiding towards fulfillment, professional integration, and a fully lived adult life

<b>Duration :</b> 1 hour	<b>Modules :</b> 6 modules
<b>Lessons :</b> 16 lessons	<b>Audience :</b> Families, relatives, and caregivers
<b>Format :</b> 100% online, asynchronous	<b>Provider :</b> N° 11757351875
<b>Certification :</b> Qualiopi	<b>Price :</b> On request

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## Course description

This training offers you an in-depth understanding of the specific needs of adults with Down syndrome and keys to support them towards a fulfilling life. You will discover how to respect their self-determination while maintaining a secure framework, and how to support their continuous progression at any age. Through concrete strategies, you will learn to develop their domestic independence, assist them in managing money and transportation, prepare and succeed in their professional integration, and promote their social and emotional life. You will also anticipate questions related to aging and the future.

## Module summary

<b>MODULE 1</b>	Understanding the Trisomic Adult and Their Needs	3 lessons
<b>MODULE 2</b>	Developing Daily Autonomy	3 lessons
<b>MODULE 3</b>	Professional Integration	3 lessons
<b>MODULE 4</b>	Social and Emotional Life	3 lessons
<b>MODULE 5</b>	Maintaining Motivation and Preventing Difficulties	3 lessons
<b>MODULE 6</b>	Digital Tools to Stimulate and Support	1 lesson

## Learning objectives

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- Understand the specificities of adulthood with Down syndrome: cognitive evolution, health particularities, emotional and relational needs
- Respect self-determination: shift from deciding "for" to deciding "with" the person
- Identify interests as levers for motivation and independence
- Support continuous progression: propose adapted challenges, value each progress, accept fluctuations
- Assess the level of domestic independence: hygiene, meals, housekeeping, home management
- Use visual tools adapted to the adult: sequences, illustrated recipes, schedules, reminder apps
- Explore housing options: family home, supervised apartment, supported shared living, inclusive housing
- Assist in money management: recognizing coins and bills, envelope system, prepaid cards, budgeting concept
- Understand legal protection measures: family empowerment, guardianship, conservatorship
- Develop autonomous mobility step by step: familiar routes, public transport, security tools
- Know professional pathways: ESAT, adapted businesses, supported employment in ordinary settings
- Prepare for professional integration: identify strengths, develop transversal skills, support internships
- Support success in employment: accommodations, communication with the employer, fatigue management
- Promote social relationships: diversify encounters, support social skills, secure social media use
- Support emotional and sexual life: adapted education, couple life, secure framework
- Develop leisure and culture: sports activities, artistic pursuits, cultural outings, vacations
- Adapt positive reinforcement to the adult: avoid infantilization, value with dignity
- Prevent psychological difficulties: identify warning signs, know when to consult

- Anticipate aging and the future: specificities of aging, adapted housing, support network

## General information

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<b>Duration</b>	1 hour - Comprehensive training divided into 6 progressive modules
<b>Target Audience</b>	Families, relatives, and caregivers supporting an adult with Down syndrome who wish to promote their independence, social and professional integration, and personal development
<b>Prerequisites</b>	None, training accessible to all adults
<b>Price</b>	Sur devis - TVA non applicable (article 261-4-4° du CGI)
<b>Certification</b>	Qualiopi - Attestation de fin de formation
<b>Training Organization</b>	DYNSEO - N° de déclaration d'activité : 11757351875

**MODULE 1****Understanding the Trisomic Adult and Their Needs**

3 lessons

**Lesson 1 - Lesson 1: The Specificities of Adulthood with Down Syndrome**

- The transition to adulthood: physical, emotional, and social changes
- Cognitive abilities: continued learning and brain plasticity throughout life
- Health considerations: thyroid disorders, premature aging, sleep issues, weight management
- Emotional and relational needs: recognition, friendships, intimacy, and secure environment

**Lesson 2 - Lesson 2: Motivation and Respect for Self-Determination**

- Self-determination: the ability to make choices and act according to preferences
- Shift from deciding "for" to deciding "with" the person
- Identifying deep interests: animals, music, sports, manual activities, social contact
- Respecting choices, offering alternatives, allowing safe mistakes
- Concrete example: Marc's choice of restaurant work over industrial setting

**Lesson 3 - Lesson 3: Continuous Progression in Adulthood**

- Learning and progression continue throughout life with maintained brain plasticity
- Offer suitable challenges, vary activities, introduce new tasks gradually
- Value every progress, avoid overly rigid routines
- Abilities fluctuate with fatigue, stress, and life changes
- Allow mistakes and exploration as essential drivers of learning

**MODULE 2****Developing Daily Autonomy**

3 lessons

**Lesson 1 - Lesson 1: Domestic Autonomy (Housing, Meals, Hygiene)**

- Assess current autonomy: hygiene, meals, cleaning, home management
- Visual tools for adults: illustrated sequences, photo recipes, planners, reminder apps
- Housing options: family home, supervised apartment, shared living, inclusive housing
- Choice of housing must respect wishes, safety, and individual pace
- Example: Sophie's success in supervised apartment with weekly menu and support

**Lesson 2 - Lesson 2: Money Management and Administrative Procedures**

- Learning money in stages: recognizing currency, paying, using cards, budgeting, saving
- Practical tools: envelope system, simplified banking apps, visual tracking, prepaid cards
- Administrative support: identity documents, social services, legal protection measures
- Protection systems in France: family authorization, guardianship, conservatorship
- Each measure chosen with caution, preserving freedom and dignity

**Lesson 3 - Lesson 3: Movements and Mobility**

- Mobility as key to work, leisure, and social relationships
- Assess skills: crossing roads, reading signs, managing unforeseen situations, asking for help
- Learn routes step by step: familiar trips, gradual independence, public transport
- Adapted mobility training and GPS applications with voice guidance
- Security tools: laminated maps, phone with GPS, location sharing, contact bracelet

**MODULE 3****Professional Integration**

3 lessons

**Lesson 1 - Lesson 1: The Different Career Paths**

- ESAT: adapted environment, flexible rhythm, varied activities, first step to autonomy
- Adapted Companies: standard contracts, minimum wage, transition between ESAT and ordinary work
- Ordinary environment with supported employment: job coach, task adaptation, ongoing support
- Other tools: internships, adapted apprenticeships, financial assistance for employers

**Lesson 2 - Lesson 2: Preparing for Professional Integration**

- Understanding the person: interests, strengths, preferred work environment and interactions
- Developing transversal skills: punctuality, safety, communication, social codes, endurance
- Essential role of internships: discovering professions, trying environments, leading to hiring
- Taking into account professional desires and dreams

### Lesson 3 - Lesson 3: Succeeding in Employment

- Simple workplace adjustments: visual aids, clear organization, adjusted hours, supportive colleagues
- Communication with employer and team: explanations, building trust, asking questions
- Managing fatigue: monitoring, ensuring work-life balance, adjusting pace as needed
- Well-managed part-time is better than exhausting full-time work

## MODULE 4

### Social and Emotional Life

3 lessons

#### Lesson 1 - Lesson 1: Developing and Maintaining Social Relationships

- Different relational circles: family, friends, acquaintances, supporting professionals
- Diversifying meetings: leisure activities, associations, inclusive activities, volunteering, holidays
- Supporting social skills: conversation, tone, physical distance, conflict resolution
- Safe social media use and distinguishing sincere from malicious relationships

#### Lesson 2 - Lesson 2: Affective Life and Sexuality

- Legitimate emotional and romantic desires requiring balance between protection and respect
- Adapted emotional and sexual education: body, consent, protection, contraception, hygiene
- Support for couple life: communication, daily organization, conflict management, understanding needs
- Parenting issues addressed with realism and sensitivity
- Family role: reassuring support, safe environment, open dialogue without infantilization

#### Lesson 3 - Lesson 3: Leisure and Culture

- Essential role of leisure: relaxation, growth, socialization, skill maintenance
- Diversify activities: sports, arts, cultural outings, digital activities, outdoor pursuits
- Prioritize inclusion in mainstream activities when possible for social mixing
- Holidays as key moments: family trips, adapted stays, discovering new environments
- Putting acquired skills into practice in new contexts

## MODULE 5

### Maintaining Motivation and Preventing Difficulties

3 lessons

#### Lesson 1 - Lesson 1: Positive Reinforcement Adapted for Adults

- Positive reinforcement effective but must respect dignity and avoid infantilization
- Sincere and respectful recognition, sometimes discreet, avoiding childish rewards
- Ways to value: verbal recognition, new responsibilities, adult privileges, involvement in decisions
- Self-esteem built through successes, positive regard, perception of capability

#### Lesson 2 - Lesson 2: Preventing and Managing Psychological Difficulties

- Warning signs: behavior changes, withdrawal, loss of interest, sleep/eating disturbances, regression
- High-risk situations: transitions, grief, separations, health issues, concerns about aging parents
- When to seek help: persistent or worsening difficulties
- Consult trained professionals: psychologist, psychiatrist, informed doctor

#### Lesson 3 - Lesson 3: Aging and the Future

- Increased life expectancy with specifics: premature aging from 40-50, cognitive decline, fatigue
- Regular medical follow-up essential, increased Alzheimer's risk
- Anticipating the future: suitable accommodation, legal and financial protections, support network
- Maximizing autonomy to facilitate transitions, involving family and professionals
- Maintaining quality of life: adapting activities, continuing stimulation, ensuring social interactions

## MODULE 6

### Digital Tools to Stimulate and Support

1 lesson

#### Lesson 1 - Lesson 1: JOE, Your Brain Coach

- JOE application: cognitive stimulation with 30+ games designed by health professionals
- Works on memory, attention, perception, language, planning - skills essential for daily independence
- Playful approach with progressive challenges, adaptable difficulty, performance tracking
- Safe training space without judgment, maintaining engagement and motivation
- Complements comprehensive support for daily life, routines, and social skills

## Teaching methods

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- 100% online training accessible from computer or tablet
- Self-paced learning without time constraints
- Comprehensive training divided into 6 progressive modules
- Practical tools included: visual sequences, budget systems, travel sheets, autonomy grids
- Bonus: JOE app access with 30+ cognitive games
- Qualiopi certified training with certificate of completion

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