

# SUPPORTING INDEPENDENCE IN TEENAGERS WITH DOWN SYNDROME

## DEVELOPING DAILY LIVING SKILLS, SOCIAL SKILLS, AND PREPARING FOR THE FUTURE

**For parents and family caregivers of teenagers with Down syndrome**  
Keys to support your teenager towards the most independent adult life possible

<b>Duration :</b> 1 hour	<b>Modules :</b> 6 modules
<b>Lessons :</b> 18 lessons	<b>Audience :</b> Parents and family caregivers of teenagers with Down syndrome
<b>Format :</b> 100% online, asynchronous	<b>Provider :</b> N° 11757351875
<b>Certification :</b> Qualiopi	<b>Price :</b> On request

[www.dynseo.com/nos-formations](http://www.dynseo.com/nos-formations) | [contact@dynseo.com](mailto:contact@dynseo.com) | 09 66 93 84 22

### Course description

This training provides you with the keys to support your teenager with Down syndrome towards the most independent adult life possible. You will understand how motivation and interests drive learning, and how to progress using the backward chaining technique. You will discover how to establish age-appropriate routines, develop daily living skills, support social and emotional life, and prepare for the future. The training includes concrete tools such as visual sequences, checklists, and budget management systems, plus a bonus discovery of the JOE app for cognitive stimulation.

### Module summary

<b>MODULE 1</b>	Understanding How Adolescents Learn to Become Independent	3 lessons
<b>MODULE 2</b>	Establishing Essential Routines for the Adolescent	3 lessons
<b>MODULE 3</b>	Developing Daily Living Skills	3 lessons
<b>MODULE 4</b>	Supporting Social and Emotional Life	3 lessons
<b>MODULE 5</b>	Maintaining Motivation and Adapting Support	3 lessons
<b>MODULE 6</b>	Digital Tools for Autonomy	1 lesson

### Learning objectives

#### Learning objectives

- Use your teenager's motivation and interests as entry points for learning independence
- Apply the backward chaining technique to break down complex skills into achievable steps
- Create a safe environment where mistakes are part of learning
- Establish age-appropriate morning, transition, and evening routines
- Support bodily changes of puberty with appropriate hygiene sequences
- Teach independent travel and mobility in four progressive steps
- Develop money management skills using the envelope system
- Encourage participation in household tasks with visual planning
- Promote friendships and support social codes in structured contexts
- Teach emotional regulation strategies suitable for adolescence
- Explore career orientation through discovery internships and adapted programs
- Find the balance between protection and independence with calculated risks
- Adapt positive reinforcement to adolescence beyond childish systems
- Adjust expectations according to growth fatigue, hormonal fluctuations, and stress periods

## General information

---

<b>Duration</b>	1 hour
<b>Target Audience</b>	Parents and family caregivers of teenagers with Down syndrome who wish to support them towards increasing independence while respecting their pace and specific needs
<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

**Lesson 1 - Lesson 1: The Role of Motivation and Interests**

- Motivation is the engine of learning; observe the teenager's free time to identify their interests
- Music, sports, video games, cooking, animals, series, and social media as gateways to autonomy
- Transform necessary learning into meaningful projects linked to their passions
- Examples: managing playlists, saving for purchases, taking the bus to meet friends

**Lesson 2 - Lesson 2: Progressing in Small Steps**

- Break down each complex skill into simple and achievable steps
- Backward chaining technique: assist with everything except the last part, then gradually step back
- Detailed example: taking the bus alone in 8-week progression
- Do not aim for immediate perfection; set limited monthly goals

**Lesson 3 - Lesson 3: Errors as a Driver of Learning**

- Mistakes are not failures but normal and necessary steps in adolescence
- Create a safe environment where making mistakes is part of learning
- Three-step method: acknowledge effort, identify mistake without judgment, guide towards solution
- Avoid phrases like 'You know this already!' or 'Let me do it'

**Lesson 1 - Lesson 1: The Morning (Hygiene, Preparation, Time Management)**

- Preparation the night before: clothes, bag, schedule, breakfast ready
- Age-appropriate visual sequence or simple checklist on phone or whiteboard
- Address puberty changes naturally: sweating, acne, body hair, menstruation
- Tools to manage time: smartwatch vibrations, explicit alarms, timers

**Lesson 2 - Lesson 2: Transitions and Movements**

- Announce transitions in advance and support independent mobility as a major challenge
- Four-step progression: travel together, gradual guidance, semi-autonomy, autonomy with safety net
- Create mobility supports: notebook with line number, stop name, emergency phone number
- Example: Léa reaching swimming pool with one month support then gradual autonomy

**Lesson 3 - Lesson 3: Evening and Weekend (Homework, Leisure, Bedtime)**

- Typical evening structure: return home, snack, homework, free time, household tasks, dinner, quiet time, hygiene, bedtime
- Screen management: establish clear visual rules involving the teenager in creation
- Homework support: conducive environment, timer for alternating work and breaks, value effort over results
- Weekend opportunities: grocery shopping, meal preparation, room tidying, laundry management, outing planning

**Lesson 1 - Lesson 1: Body Hygiene and Appearance in Adolescence**

- Support physiological transformations: increased sweating, acne, body hair, menstruation
- Create age-appropriate visual sequences for each hygiene gesture
- Involve the teenager in clothing choices while guiding towards situation-appropriate outfits
- Approach puberty and sexuality with simplicity using books designed for young people with intellectual disabilities

**Lesson 2 - Lesson 2: Money Management and Purchasing**

- Foundations: recognize coins and bills, understand relative value, integrate that every item has a price
- Advanced skills: pay exact amount, check change, compare prices, manage allowance, save for purchases
- Allowance as concrete tool with visual aids: transparent piggy bank, tracking chart
- Purchase progression: accompanied, alone with exact change, complex with change; example: three envelope system

**Lesson 3 - Lesson 3: Participation in Household Tasks**

- Accessible tasks: tidy room, set/clear table, dishwasher, laundry, vacuum, trash, meal help, simple shopping
- Break down tasks into steps with visual sequences; example: making the bed in five steps
- Establish clear task schedule visible to everyone: whiteboard or shared app

- Do not redo tasks for them; guide towards gradual improvement with simple advice

## MODULE 4

### Supporting Social and Emotional Life

3 lessons

#### Lesson 1 - Lesson 1: Friendships and Outings

- Encourage interactions in structured contexts: adapted activities, inclusive leisure centers, associations
- Support social codes: greet, enter conversation, respect personal space, interpret expressions via role-playing
- First outings progression: activities at home, short outings with distant supervision, independent with phone
- Support safe social networks usage: privacy settings, authorized people, appropriate behaviors

#### Lesson 2 - Lesson 2: Emotion Management and Assertiveness

- Identify and name emotions using visual aids: pictograms, feeling scales, charts
- Normalize all emotions and teach regulation strategies: withdraw, music, physical activity, deep breathing, talking
- Develop assertiveness: learn to say no, express preferences, ask for help, signal uncomfortable situations
- Address disability with honesty and positivity, recognizing difficulties while valuing strengths

#### Lesson 3 - Lesson 3: Preparing for the Future (Orientation, Life Project)

- Directly involve the adolescent: their opinions, desires, and feelings at the center of their life project
- Explore interests and skills to consider professional orientation through discovery internships
- Know existing support systems: ULIS, IME, ESAT, adapted businesses, supported employment
- Work on transversal skills: punctuality, following instructions, teamwork, communication, stress management

## MODULE 5

### Maintaining Motivation and Adapting Support

3 lessons

#### Lesson 1 - Lesson 1: Positive Reinforcement Adapted to Adolescents

- Avoid overly childish systems like stickers or star charts
- Favor social reinforcements: verbal praise, recognition of effort with specific encouragement
- Adapt concrete reinforcements: screen time, outings, extra pocket money
- Allow increasing autonomy in choices and involve the adolescent in defining their own goals

#### Lesson 2 - Lesson 2: Finding the Balance Between Protection and Autonomy

- Accept a degree of calculated risk: assess realistically and implement appropriate safeguards
- Gradually let go: start with low-stakes situations, increase responsibility as skills grow
- Trust while remaining vigilant with discreet safety nets: phone with geolocation, check-in routines
- Allow the adolescent to explore, experiment, make mistakes, and try again as learning opportunities

#### Lesson 3 - Lesson 3: Adjusting Expectations According to Periods

- New factors during adolescence: growth fatigue, hormonal fluctuations, school or social stress
- Normal regression periods: temporary phases related to fatigue, stress, or emotional fluctuations
- Adjust expectations based on daily state: reduce demands on difficult days, encourage on good days
- Flexibility as educational intelligence that respects the adolescent's pace

## MODULE 6

### Digital Tools for Autonomy

1 lesson

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

- JOE application with over thirty varied games designed by health professionals
- Works on memory, attention, perception, language, and planning essential for independence
- Playful approach with progressive challenges tailored to each user's level maintaining engagement
- Tracking of performance and progress boosts self-confidence and encourages perseverance
- Complements learning related to daily life, routines, time management, and social skills

## Teaching methods

- 100% online training, accessible from your computer or tablet
- Progress at your own pace, whenever you wish, without time constraints
- Comprehensive training divided into 6 progressive modules
- Concrete tools provided: age-appropriate checklists, visual sequences, travel supports, envelope system, family task planning, personalized calm box, preparation sheets for internships
- Bonus: discovery of the JOE app, the brain coach, with 30+ cognitive games to strengthen memory, attention, and planning

