

FACILITATING DAILY AUTONOMY FOR ADOLESCENTS WITH DOWN SYNDROME

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

Prepare your adolescent for the most independent adult life possible

Duration : 1 to 2 hours	Modules : 6 modules
Lessons : 13 lessons	Audience : Parents, family caregivers, and professionals
Format : 100% online, asynchronous	Provider : N° 11757351875
Certification : Qualiopi	Price : On request

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Course description

Adolescence is a pivotal period where autonomy takes on a new dimension. It is no longer just about basic tasks, but about acquiring skills that will prepare the adolescent for independent adult life: money management, transportation, personal hygiene, social relationships, and professional preparation. This comprehensive online training provides you with concrete tools to understand how the adolescent learns to become autonomous. You will discover the central role of motivation and interests, how to transform learning into meaningful projects, the progression in small steps using backward chaining technique, and how to make mistakes a learning driver. You will establish essential routines, develop daily living skills, support social and emotional life, and find the delicate balance between protection and autonomy.

Module summary

MODULE 1	Understanding how the adolescent learns to become autonomous	3 lessons
MODULE 2	Establishing Essential Routines	3 lessons
MODULE 3	Using Appropriate Visual and Material Tools	3 lessons
MODULE 4	Encourage, Support, and Maintain Motivation	3 lessons
MODULE 5	Digital Tools for Independence	1 lesson
MODULE 6	Final Quiz	Evaluation

Learning objectives

Learning objectives

- Understand the role of motivation and interests in adolescent learning and transform them into meaningful projects
- Apply progression in small steps using backward chaining technique and set realistic goals
- Make mistakes a learning driver by creating a safe environment and using the three-step method
- Establish morning, transition, and evening routines adapted to adolescent needs including puberty hygiene
- Support independent travel with progressive four-step method and create travel support materials
- Teach money management and purchases from basic recognition to budget management and savings
- Support personal hygiene and appearance in adolescence with age-appropriate visual sequences
- Organize participation in household chores with clear schedules and visual guides
- Encourage friendships and outings while supporting social codes and safe social network use
- Support emotional management and self-assertion through identification, regulation strategies, and expressing needs
- Prepare for the future through professional exploration, internships, and knowledge of available resources
- Adapt positive reinforcement to adolescence with social rewards and concrete privileges
- Find the balance between protection and autonomy through calculated risks and gradual letting go

General information

Duration	1 to 2 hours — Comprehensive training divided into 6 progressive modules
Target audience	Parents, family caregivers, and professionals supporting an adolescent with Down syndrome, wishing to help them develop autonomy in all areas of daily life
Prerequisites	None
Price	On quote - VAT not applicable (article 261-4-4° of CGI)
Certification	Qualiopi - Certificate of completion
Training organization	DYNSEO - Activity registration number: 11757351875

MODULE 1**Understanding how the adolescent learns to become autonomous**

3 lessons

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

- Identify the adolescent's passions: music, sports, video games, series, animals
- Transform interests into levers for learning and autonomy
- Create age-appropriate motivation systems: privileges, responsibilities, screen time
- Propose teen missions to strengthen the sense of responsibility
- Practical example: Leo and tidying his room related to his passion for football

Lesson 2 - Lesson 2: Progressing in Small Steps

- Autonomy is built step by step, respecting individual pace
- Break down complex tasks into simple and achievable steps
- Consolidate childhood skills to prepare for transition to adulthood
- Create a reassuring environment for progress without pressure

Lesson 3 - Lesson 3: Mistakes as a Learning Engine

- Understand that mistakes are opportunities for learning, not failures
- Three-step method: recognize effort, identify mistake without judgment, guide towards solution
- Avoid discouraging phrases and allow time to think and correct
- Adopt a calm and kind attitude towards clumsiness
- Practical example: Nathan and the laminated checklist for school supplies

MODULE 2**Establishing Essential Routines**

3 lessons

Lesson 1 - Lesson 1: The Morning (waking up, hygiene, preparation)

- Create a visual sequence for the morning with age-appropriate photos
- Anticipate the night before: clothes, bag, breakfast planned
- Learn to manage waking up independently with alarms and timers
- Key steps: waking, bathroom, shower, dressing, breakfast, teeth, checking bag
- Practical example: Chloé and the light alarm clock with 30-minute playlist

Lesson 2 - Lesson 2: Transitions and Movements

- Announce changes in advance with time increments: 15 min, 10 min, 5 min
- Progress towards travel autonomy: together, guided, semi-independent, independent
- Create a simplified visual guide for public transport
- Learn to recognize unusual situations and ask for help
- Practical example: Hugo and the laminated card for unexpected bus situations

Lesson 3 - Lesson 3: The Evening (homework, relaxation, bedtime)

- Structure the evening in progressive phases: relaxation, work, screens, hygiene, quiet time
- Organize workspace with visual timer and regular breaks
- Set clear and negotiated rules for screens with visual aids
- Prepare belongings for the next day as end-of-day ritual
- Practical example: Jade and the structured rhythm in the establishment

MODULE 3**Using Appropriate Visual and Material Tools**

3 lessons

Lesson 1 - Lesson 1: Visual Sequentials Adapted for Teenagers

- Visual sequencing as a recipe in pictures showing each step of an action
- Involve the teenager in creation for ownership with age-appropriate images
- Discrete formats: smartphone app, small notebook, laminated sheet
- Applications: packing bag, washing machine, simple meals, trips, money management
- Leverage technology and free resources: ARASAAC, Sclera pictograms

Lesson 2 - Lesson 2: Choice and Self-Determination

- Limited choice method (2-3 options) to facilitate decision-making
- Opportunities for choice: order of tasks, organization, materials used
- Directed choices: adult sets goal, adolescent decides on the how
- Gradually increase complexity of choices with maturity

- Role evolves towards guide and support

Lesson 3 - Lesson 3: Suitable Equipment and Environment

- Organization of personal spaces: accessible storage, labeled bins, color coding
- Bathroom: clearly identified products, visual routines for hygiene
- Kitchen autonomy: accessible foods, laminated visual recipe cards
- Technological tools: alarms, list apps, GPS, camera
- Practical example: Thomas and the sports departure station with checklist

MODULE 4

Encourage, Support, and Maintain Motivation

3 lessons

Lesson 1 - Lesson 1: Positive Reinforcement Adapted to Adolescence

- Avoid childish rewards: stickers, candies, excessive praise
- Privileges suited to adolescence: leisure time, participation in favored activities
- Reinforce effort, not just result: recognize investment even if imperfect
- Autonomy contract negotiated with adolescent: expectations, actions, rewards
- Practical example: Manon and the autonomy points system

Lesson 2 - Lesson 2: Valuing Effort and Supporting Towards Autonomy

- Focus on personal progress, never comparison with others
- Develop intrinsic motivation: skills develop over time with practice
- Encouraging phrases: You have made progress, I see you are improving
- Accept imperfect results as successes: value the process
- Practical example: Lucas and the weekly progress notebook

Lesson 3 - Lesson 3: Adjusting Expectations and Managing Difficult Moments

- Understand natural variability: fatigue, emotional states, hormonal variations
- Identify signs of limits: irritability, refusal, unusual mistakes, discouragement
- Temporarily adjust expectations: reduce non-essential tasks, simplify routines
- Maintain framework on essentials, be flexible on details, keep dialogue open
- Tools for emotional expression: visual mood scale, code word, regular exchanges

MODULE 5

Digital Tools for Independence

1 lesson

Lesson 1 - Lesson 1: JOE your brain coach

- Over 30 games designed by healthcare professionals working on cognitive skills
- Skills addressed: memory, attention, perception, language, planning
- Direct link to daily autonomy: remembering routes, concentrating, organizing
- Playful approach with progressive challenges tailored to each user's level
- Monitor performance and progress to boost confidence and motivation

MODULE 6

Final Quiz

Evaluation

Teaching methods

- 100% online training, accessible from your computer or tablet
- Progress at your own pace, whenever you wish, without time constraints
- 6 progressive modules with concrete tools and practical examples
- Adapted morning checklist templates, visual sequences for puberty hygiene
- Three-envelope system for money management, family planning for household chores
- Calm box method for emotional regulation, guide for professional discovery internships
- Bonus: Discover the JOE app with 30+ cognitive stimulation games
- Certificate of completion provided at the end of training