

FACILITATING DAILY AUTONOMY FOR ADULTS WITH DOWN SYNDROME

ORGANIZATION, ROUTINES, AND VISUAL TOOLS

For professionals in the medico-social field, family caregivers, and anyone supporting adults with Down syndrome

Concrete tools to develop autonomy while respecting adult status and dignity

Duration : 1 hour	Modules : 5 modules
Lessons : 12 lessons	Audience : Medico-social professionals, family caregivers, support workers
Format : 100% online, asynchronous	Provider : N° 11757351875
Certification : Qualiopi	Price : On request

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Course description

Supporting an adult with Down syndrome requires a fundamentally different approach than supporting a child. This training provides concrete tools to understand how adults learn and develop autonomy at any age, thanks to brain plasticity. You will discover the central role of motivation, progression in small steps using backward chaining, and how to make mistakes a learning opportunity. You will master essential routines adapted to adulthood, appropriate visual tools, and positive reinforcement strategies. Special attention is given to early aging and adapting support throughout life.

Module summary

MODULE 1	Understanding how adults learn to develop their autonomy	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	The EDITH application to stimulate cognitive functions	1 lesson

Learning objectives

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- Understand the role of motivation and interests in adult learning
- Apply progression in small steps using backward chaining technique
- Make mistakes a driving force for learning rather than failure
- Establish morning, transition, and evening routines adapted to adults
- Create effective visual sequences with photos or pictograms
- Apply the choice method between 2 options to facilitate decision-making
- Adapt materials to facilitate autonomy in dressing, hygiene, and cooking
- Apply positive reinforcement adapted to adults without infantilizing
- Value effort rather than perfection to encourage perseverance
- Adapt expectations according to fatigue and daily variations
- Support early aging by maintaining skills and quality of life
- Use cognitive stimulation tools like EDITH to maintain brain functions

General information

Duration	1 hour - Comprehensive training divided into 5 progressive modules
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Target Audience	Professionals in the medico-social field, family caregivers, and anyone supporting adults with Down syndrome towards a more independent life, whether in a group home, supported apartment, or family home
Prerequisites	None
Price	Quote available - VAT not applicable (article 261-4-4° of the French General Tax Code)
Certification	Qualiopi - Training completion certificate
Training Organization	DYNSEO - Registration number: 11757351875

Lesson 1 - The Role of Motivation and Interests

- Motivation as the main driver of learning at any age
- Observing spontaneous interests: music, sports, cooking, animals, gardening
- Transforming interests into gateways to develop autonomy
- Making tasks meaningful with rewarding responsibilities
- Motivation systems adapted to adults: tracking charts, points exchangeable for activities

Lesson 2 - Progressing in Small Steps

- Break down complex activities into simple, achievable steps
- Backward chaining: assist with all steps except the last, then gradually move back
- End each session with a success to boost motivation
- Set a specific and limited goal per week, not immediate perfection
- Brain plasticity allows skill acquisition even later in life

Lesson 3 - Mistakes as a Learning Engine

- Mistakes are normal and necessary steps, not failures
- Create an environment where the person can make mistakes without judgment
- Three-step method: acknowledge effort, identify mistake without judgment, guide towards solution
- Never do it for the person to avoid mistakes
- Phrases to avoid: 'No, not like that!', 'You never pay attention', 'Let me do it'

Lesson 1 - In the Morning (hygiene, dressing, preparation)

- Create predictability to reduce anxiety: clothes prepared, bag ready, breakfast planned
- Visual sequence with real photos of the person or pictograms suitable for adults
- Key steps: getting up, toilet, shower, dressing, breakfast, teeth, checking belongings
- Calculate actual time needed for each step, allowing plenty of margin
- Concrete time management tools: visual timer, calibrated playlist, gentle alarms

Lesson 2 - Transitions and Movements

- Announce transitions in advance with time intervals: 15 min, 10 min, 5 min
- Never ask to stop an activity abruptly
- Prepare movements: inform, describe program, visual checklist
- Gradual learning of public transport: together, person in front, then alone with phone
- Visual cues for journeys: photos of stations, simplified maps

Lesson 3 - Evening (meal, relaxation, bedtime)

- Encourage going to bed at the same time every night for quality sleep
- Typical structure: return, tidy up, relax, meal, clearing, hygiene, preparation, quiet time, bedtime
- Visual sequence for shower with adapted materials: pump gel, non-slip mat
- Quiet moment before sleep: soft music, reading, breathing exercises
- Ritual phrase to conclude: 'Good night, see you tomorrow'

Lesson 1 - Visual Sequentials (Step by Step)

- Visual sequencing: series of images showing step by step how to perform an activity
- Advantage of permanence: information remains available, unlike oral instructions
- Use real photos of the person (ideal) or pictograms representing adults
- Readable format (10x10 cm), numbered steps, support fixed at activity location
- Free resources: ARASAAC (colored pictograms), Sclera (black and white)

Lesson 2 - The choice between 2 options (to avoid overload)

- Binary choice method facilitates decision-making and reduces anxiety
- Show the two options in images or real objects with identical intonation
- Respect the decision, even if it's not your preferred one

- Use 'false choice' to guide: two options leading to the same desired outcome
- Never offer a choice if you are not ready to accept both options

Lesson 3 - Equipment that Facilitates Autonomy

- Dressing: clothes with elastic, Velcro shoes, large zippers, color point for front
- Hygiene: grab bar, pump shower gel, lever faucet, non-slip mat, electric toothbrush
- Kitchen: ergonomic utensils, boards with suction cups, transparent containers
- Create 'autonomy stations': entry (coat racks, key box), bedroom, bathroom
- Store frequently used items within reach and always in the same place

MODULE 4

Encourage, Support, and Maintain Motivation

3 lessons

Lesson 1 - Positive Reinforcement Adapted for Adults

- Avoid infantilizing rewards: candy, stickers
- Favor sincere recognition: 'You packed your suitcase very well, that's good work'
- Shared quality moments and positive natural consequences
- Reinforce effort, not just the result
- Tracking systems suitable for adults: checklist calendar, points exchangeable for activities

Lesson 2 - Value effort, not perfection

- Valuing only perfect results creates fear of trying and anxiety
- Prefer: 'You worked hard', 'You persevered', 'You improved'
- Accept imperfect results: it's a victory compared to doing nothing
- Transform failures into learning: what happened, why, what to do differently
- Avoid 'That was easy' or 'You are talented' which do not value effort

Lesson 3 - Adjusting Expectations Based on Fatigue and Days

- Autonomy is not linear: normal variations from day to day
- Influencing factors: physical/cognitive fatigue, emotional states, health status
- Limit signals: restlessness, unusual refusals, new mistakes, increased requests for help
- Adjust expectations: reduce demands, simplify routines, offer more support
- Communication system: color code or visual scale to express fatigue

MODULE 5

The EDITH application to stimulate cognitive functions

1 lesson

Lesson 1 - Introduction to EDITH

- Over 30 varied games: memory, logic, language, calculation, attention, general knowledge
- Designed with health professionals: speech therapists, occupational therapists, neuropsychologists
- Particularly suited for adults with Down syndrome: simple instructions, clear visuals, intuitive interface
- Importance of cognitive maintenance in face of early aging from 40-45 years
- Support for social connection: two-player games, moments of sharing

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 5 progressive modules
- Concrete tools included: visual sequence models, checklists, adaptation grids
- Bonus: Discovery of the EDITH application with 30+ brain training games
- Training completion certificate upon completion
- Qualiopi certified training organization