

Information for adults with Down syndrome about healthy aging



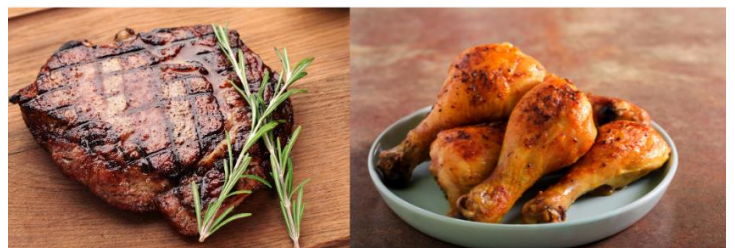
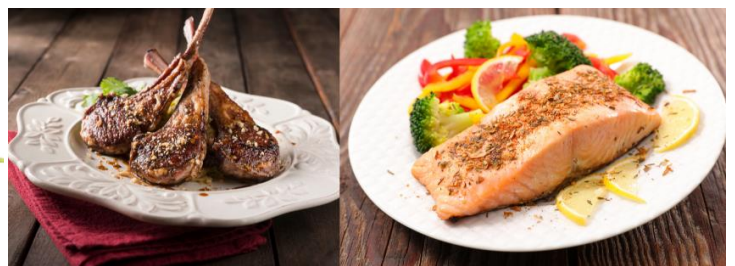


As you get older, you will notice changes in your body and your mind.

There are lots of things you can do to stay well.



You can eat healthy food.





You can exercise,
doing things like walking, swimming,
dancing or playing sports.





You can make sure you get enough sleep.



You can learn new things.





Go to the doctor for health checks regularly.



You can stay active in your community.

It is important to tell someone about any changes you notice in your mind or your body.



Can you think of someone you can talk to?



Put the names of people you can talk to here:

I can talk to _____ or _____



Tell someone if you notice changes in how your body looks or feels.



Tell someone if you notice changes in the things you can do.



Tell someone if you notice changes in your thinking.



Tell someone if
it gets hard to remember things.



Tell someone if it gets
hard to understand what people are saying.



Tell someone if
you forget how to do things.



Tell someone if
you keep forgetting your words.



Tell someone if
you are getting confused.



Tell someone if you
find it hard to swallow food or drinks.



Tell someone if it is hard to sleep.



Can you write down
the changes that you have noticed?
Make a list!



Some people with Down syndrome
get dementia when they get older.



Dementia is a brain illness.



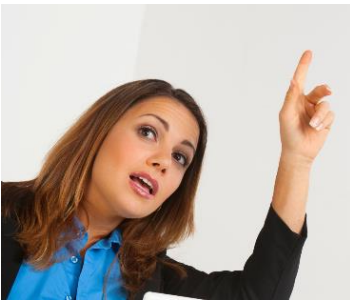
Not everyone will get dementia.



Dementia can be hard to recognise.



It is helpful to keep a record of the things you can do.



Ask someone who knows you well to help.













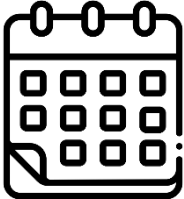
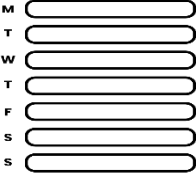

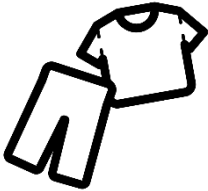
Here is a checklist to help you.
Do the checklist once every year.











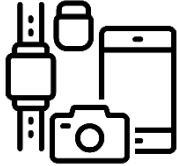



Checklist

Here is a checklist to help you

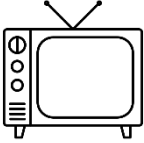

	Same as always 	This is getting difficult for me 	I cannot do this any more 
Understanding people 			
Noticing when people are talking to me 			
Thinking of the right words 			
Remembering where I put things 			








	Same as always 	This is getting difficult for me 	I cannot do this any more 
Remembering what day it is 			
Remembering what things I do on each day 			
Remembering when my favourite TV programmes are on. 			
Looking after my clothes 			



	Same as always 	This is getting difficult for me 	I cannot do this any more 
Keeping myself clean and tidy 			
Getting dressed 			
Getting ready for bed 			
Remembering people's birthdays 			








	Same as always 	This is getting difficult for me 	I cannot do this any more 
Managing my phone or computer 			
Making plans for holidays or Christmas 			
Looking after my things 			
Doing my jobs 			








	Same as always 	This is getting difficult for me 	I cannot do this any more 
Doing my hobbies 			
Doing my exercise 			
Making myself a drink 			
Making myself something to eat 			




	Same as always 	This is getting difficult for me 	I cannot do this any more 
Putting on my music 			
Putting on the TV 			
Putting on a film 			
Looking up things on my phone 			

	Same as always 	This is getting difficult for me 	I cannot do this any more 
Having fun with my friends 			
Going to work 			
Going to my service 			
Sleeping 			

	Same as always 	This is getting difficult for me 	I cannot do this any more 
Eating 			
Drinking 			
Walking 			
Talking 			

	Same as always 	This is getting difficult for me 	I cannot do this any more 
Sitting 			
Standing up 			
Reading 			
Writing 			

	Same as always 	This is getting difficult for me 	I cannot do this any more 
Drawing 			
Hearing 			
Seeing 			
Carrying things 			

	Same as always 	This is getting difficult for me 	I cannot do this any more 
<p>Here is a space to make a list of any other changes you have noticed.</p> <p>Changes like getting cross or upset more often.</p>			

Name: _____ Date: ___ / ___ / ___

Support

Person Name: _____ Date: ___ / ___ / ___