

Down Syndrome



***So you have Down
Syndrome...***

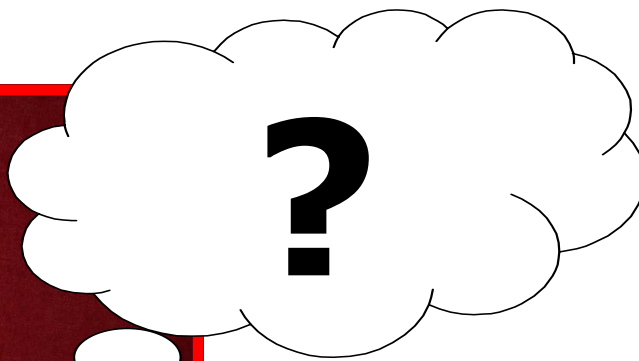
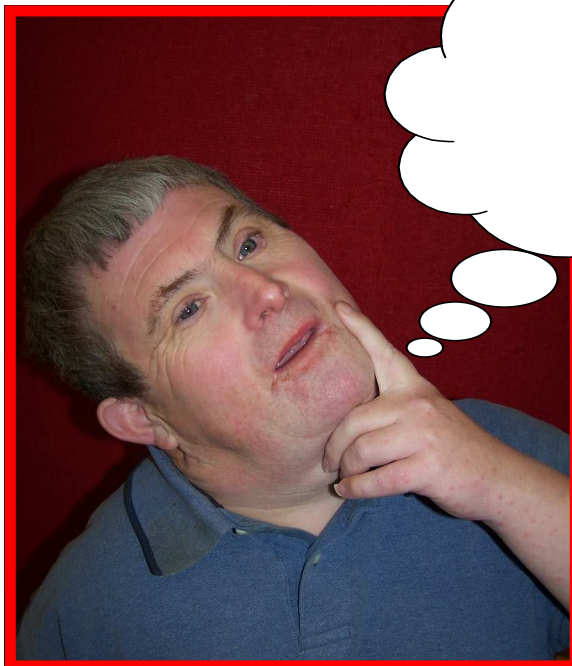


My name is
Nicholas and I
have Down
Syndrome.
I live in Coventry
with my mum.



I am in The H Team.
I promote good health to
people with learning disabilities
and work with health workers.

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Do you have Down Syndrome?
Do you know what it means?



Like me, most people with
Down Syndrome have a
learning disability. This
means I find it hard to
understand some things.



Some people with learning disabilities don't know when they are ill. It's a good idea to have a health check every year.



There are people who can help with your health like your family or friends.



Doctors, nurses, social workers and advocates can help too.

Some people need more support than others. You might want help with.....

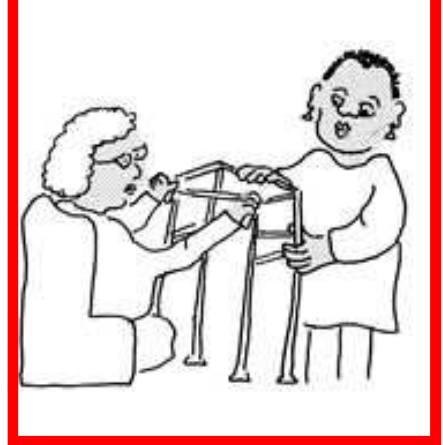
Having a job



Speaking & understanding



Moving around



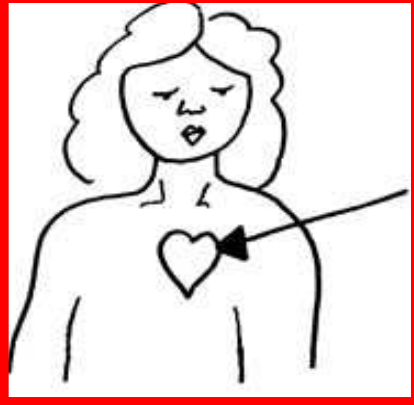
Keeping healthy



As I get older I have a bigger chance of getting Alzheimer's disease. This means that I might become forgetful or clumsy.

Having Down Syndrome means that I have a bigger chance of getting health problems, but not everyone will have all these conditions:

Heart problems



Putting weight on



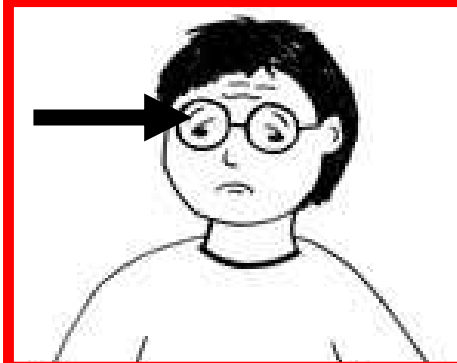
Problems moving



Ear problems



Eye problems



Teeth problems



Epilepsy



Hair loss

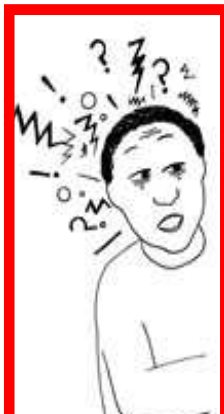


Skin problems



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Mental health problems



I hope that helped you
to understand more
about Down Syndrome.
And remember
if you are worried just
go to your GP.



Learning Disabilities Team



**Social
Services**



**Community
nurses**



Logan Road, Henley Green, Coventry, CV2 1AG



024 76 785 950

Down Syndrome Association



0845 230 0372



www.downs-syndrome.org.uk

**Produced by The H Team at
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