



**Down Syndrome
Australia**

About me

This resource has been developed to assist people with Down syndrome and their families to share information that supports participation and inclusion.

You may want to include a recent photo or add other notes to provide more information.

Date:

My name is:

My age is:

The activity I want to take part in is:

My goals for this activity are:

The things I can do well are:

The things I might need more help with:

Health conditions you need to be aware of:

Some of the best ways to support me are:

My family and support people are:

(name, relationship, contact info)

Other things I'd like you to know about me:

Emergency contact:

My family and I would be very happy to talk with other members of your organisation about Down syndrome and inclusion of a person with an intellectual disability.
