



## 10 TIPS

when treating someone  
with Down syndrome

1

People with Down syndrome are *not* all the same.  
Treat the *person first* and then consider the impact of their disability.

2

Parents of a person  
with Down syndrome  
are **experts on their  
child.**

Please listen. 😊

3

Access the **Resource  
hub** on Down Syndrome  
Australia website for  
**accurate and current  
information** aimed at  
health professionals.

4

People with Down  
syndrome are **visual  
learners.**  
Do not **overload**  
them with written  
information.

5

**Don't rush the  
appointment:** take  
time to talk to the  
individual with a smile,  
eye contact, kind  
tone and friendly  
demeanour and  
get to know the  
person.

6



**Repeat important  
information!**

7

Be positive,  
approachable,  
respectful and  
**speak to the  
individual with  
Down syndrome.**

8

Understand that people with Down syndrome live good lives and are valued citizens.

9

**Communication is vital:** Include the individuals and family in the treatment pathway.

10

**Trust =** Thoughtful language, respectful listening, and a good bedside manner.





**References:** <https://www.downsyndrome.org.au/wp-content/uploads/2020/04/DSA-communication-and-language-C03.pdf>  
<https://cid.org.au/resource/my-health-matters-folder/>  
<https://www.downsyndrome.org.au/wp-content/uploads/2020/04/VisualSupportsbookletv2-1.pdf>

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## Disclaimer

The information in this resource is general in nature and does not constitute advice. Down Syndrome Western Australia will not be held responsible for any decisions made as a result of using this information. The contents of the resource do not constitute medical and legal advice and should not be relied on as such.

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