Ageing with Down syndrome

As adults get older, they may face new challenges, like changes to their health. Down Syndrome Australia made a book about health and ageing. The book is for the families and carers of people with Down syndrome.

The book talks about four different kinds of wellbeing, which means ways to feel good and live well.

You can read the book online or download it as a PDF.

Productive wellbeing

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Productive wellbeing is about what you do each day, like:

- When you give and get help
- How you use your spare time, like doing hobbies
- What you learn at school, TAFE, university or anywhere else
- How you look after yourself and others at home.

Physical wellbeing

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Physical wellbeing is about health and your body. The book says which medical conditions are more common for people with Down syndrome, and how this changes as you age.

Material wellbeing

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Material wellbeing is about where you live and how you move around. For example, you might own a car or use public transport.

The book explains how you can plan for the future, like:

- where you live
- what to do when you retire
- how to get good care when you are dying.

Social and emotional wellbeing

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Social and emotional wellbeing is about having people you trust and can talk to. The book explains how feeling lonely can affect your health and mood. It explains what you can do to feel happier and more supported.

We trust this resource

We trust this resource because it is:

- Made to help, not for profit
- Made by people who know a lot about the topic
- Made in Australia

We've checked this resource, and you can follow our guide to know if health information is true and right for you.

This resource was made by

Down Syndrome Australia

Down Syndrome Australia is made up of State and Territory associations. These groups provide support, information and resources to people with Down syndrome

and their families across Australia.

- Visit website