



Kylie Jarvis



About me

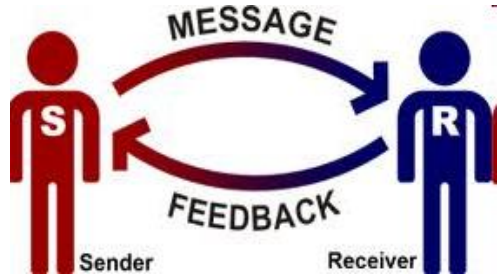


- My name is Kylie and I am 28 years old.
- I have Down's Syndrome.
- I also have 7 passes at GCSE.

- **But,** I can't cross the road!



- I can do some things really well. But however hard I try, other things cause me lots of problems.



Communication is two way!



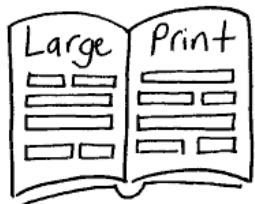
- Communication is a big barrier
- Everyone communicates differently
- Being understood means you choose your own life
- One of my biggest problems is getting confused and frightened





How to help me

- Speak slowly and clearly
- Ask one question at a time
- Only have one idea in each sentence
- Use easy words and short sentences
- Give me time to think and don't keep pushing me to answer



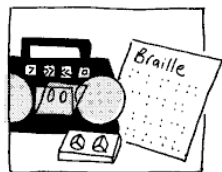
Communication Matters



Writing : Remember :



- Easy words, short sentences, no jargon, clear large print and helpful pictures or symbols.
- Clear simple pages – not lots of stuff all over the place
- Cds with voice overs and multi-media are good too
- A useful website is



– Leics Partnership board – www.betterlives.org.uk

Explaining things



People wonder about some things ...



- Having Down's Syndrome is normal for me and anyway I love to be who I am
- Everybody is different and being different is a good thing.



- Bullying is bad – I was bullied at school.
- Crossing the road! Shopping, time, money, transport – getting places I want to go



- I have lots of ambitions: travel, home, family ...

Finally

People should accept me as a normal human being. OK, so I have problems, but so does everybody.

Thank you for listening to me 

Any questions?

