

Summary

Down Syndrome is a condition someone is born with.

There are more than 150.000 cases a year in Indonesia.

This condition is not curable, but with certain treatments and physiotherapy it can be more bearable.

It's important to focus on the things they are good at.

Give them time to learn something. It may take longer than with other children.



Written by: Adinda Hanny
Social Work Student
July 2018

Down Syndrome

In Indonesia, every year there are more than 150.000 children born with Down Syndrome. Here is what you need to know.



In collaboration with:



untuk **SENYUM**
masa depan
www.kolewa.com



What is Down Syndrome?

Down Syndrome is a natural condition that someone is born with. Children with the Down Syndrome always have a mental disorder and develop in a slower pace. Also they look a bit different and have a few additional psychical conditions.

Things that are easy and usual for people without the Down Syndrome, can be hard and difficult for someone with the Down Syndrome. Here are some examples of what someone with Down Syndrome around 18 years can do independent:



→ 8/10 can (un)dress themselves, walk and swim.



→ 6/10 can wash themselves, go to the toilet, make breakfast and do small chores.



→ 4/10 can drive a bicycle, read or write something easy and calculate till 10.



→ 2/10 can go to a familiar place by themselves, make a meal with guidance and recognize a dangerous situation.



→ 1/10 can make a meal themselves, be on time home/on a meeting and use the public transport by themselves.

How can you recognize it?

By looking at a person with Down Syndrome you can already see a few features. For example, they have crooked eyes, extra skin fold over the eyes, small skull, relative small mouth and thicker tongue. Also, in most cases the limbs are shorter than normal.

Beside the appearance, there are a few other physical characteristics that are frequent among people with Down Syndrome.

- Heart, intestine or stomach problems;
- Reduced resistance to infections;
- Hearing problems;
- Eye problems;
- Breathing problems;
- Speaking problems;
- Sudden change of mood;
- Easily distracted / can't focus;
- Difficulty with learning.

'Even though he has Down Syndrome, he learns really quick! Especially the hand movements of sign language for communication.' — Kolewa



What should or shouldn't you do?

Shouldn't:

- ✗ Don't be impatient;
- ✗ Don't have too high expectations;
- ✗ Don't be mad if something doesn't work right away;
- ✗ Don't let them get away with bad behavior;
- ✗ Don't keep them from playing with other children. 'Focus on what they CAN do.'

'Focus on what they CAN do.'

Should:

- ✓ Focus on the good and positive things the child does;
- ✓ Look at the things they can do;
- ✓ Give them time to learn something;
- ✓ If something does not work, try a different way of teaching;
- ✓ Correct them if they do something bad;
- ✓ Let them play with other children to develop their social skills.

Sites for more information about Down Syndrome

→ www.isdi-online.org
(Indonesian)

→ www.ds-int.org
(international)