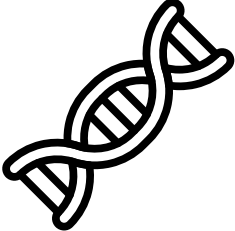
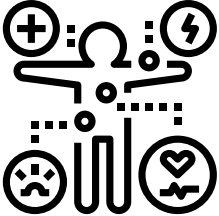





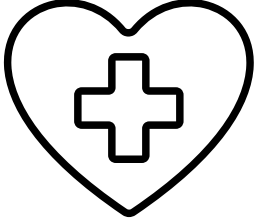
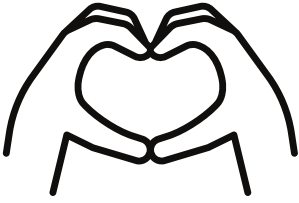


# Understanding Prader-Willi Syndrome (PWS)

## Easy Read Guide

<p>What Is Prader Willi Syndrome (PWS)?</p>	<p>Prader-Willi Syndrome (PWS) is a condition people are born with.</p> <p>PWS affects:</p> <ul style="list-style-type: none"> <li>• Hunger</li> <li>• Learning</li> <li>• Feelings and behaviour</li> <li>• Growth and energy levels</li> </ul> <p>People with PWS can live happy and meaningful lives with the right support.</p>
<p>What causes PWS?</p> 	<p>PWS is caused by a change in genes.</p> <p>Genes are small instructions inside our bodies.</p> <p>Nobody causes PWS.</p>
<p>Common symptoms in PWS</p> 	<p>Children and adults with PWS may:</p> <ul style="list-style-type: none"> <li>• Feel hungry most of the time</li> <li>• Gain weight easily</li> <li>• Need help with healthy eating</li> <li>• Learn differently</li> <li>• Feel tired often</li> <li>• Find changes difficult</li> <li>• Feel worried or upset sometimes</li> </ul> <p>Not everyone with PWS is the same. Each person is different.</p>
<p>Hunger and Food</p> 	<p>Many people with PWS feel hungry even after eating.</p> <p>This can make life difficult.</p> <p>Support may include:</p> <ul style="list-style-type: none"> <li>• Regular meal plans</li> <li>• Support with safe food choices</li> <li>• Keeping food in safe places</li> </ul> <p>People with PWS need kindness and understanding.</p>
<p>Learning and Support</p> 	<p>Some people with PWS may need extra help with:</p> <ul style="list-style-type: none"> <li>• Reading</li> <li>• Writing</li> <li>• Money</li> <li>• Communication</li> <li>• Daily living skills</li> </ul> <p>Clear routines can help.</p>

# Understanding Prader-Willi Syndrome (PWS)

## Easy Read Guide

<p>Feelings and Behaviour</p> 	<p>People with PWS may:</p> <ul style="list-style-type: none"> <li>• Feel anxious</li> <li>• Become upset by changes</li> <li>• Need extra time to understand things</li> <li>• Need support when frustrated</li> </ul> <p>Helpful support includes:</p> <ul style="list-style-type: none"> <li>• Calm communication</li> <li>• Clear rules</li> <li>• Predictable routines</li> <li>• Time to relax</li> <li>• Listening carefully</li> </ul>
<p>Health Support</p> 	<p>People with PWS may need support from:</p> <ul style="list-style-type: none"> <li>• Doctors</li> <li>• Nurses</li> <li>• Dietitians</li> <li>• Psychologists</li> <li>• Speech and language therapists</li> <li>• Support workers</li> </ul> <p>Regular health checks are important.</p>
<p>What helps people with PWS?</p> 	<p>What helps people with PWS?</p> <p>Good support can include:</p> <ul style="list-style-type: none"> <li>• Healthy routines</li> <li>• Exercise and movement</li> <li>• Clear communication</li> <li>• Friendship and social activities</li> <li>• Respect and dignity</li> </ul> <p>People with PWS should be included in their community.</p>
<p>Important things to remember</p> 	<p>Important things to remember</p> <ul style="list-style-type: none"> <li>• People with PWS can learn new skills.</li> <li>• People with PWS have strengths and talents.</li> <li>• Kindness and patience help.</li> <li>• Good support makes a big difference.</li> </ul>
<p>More information</p> 	<p>You can learn more from:</p> <ul style="list-style-type: none"> <li>• Prader Willi Syndrome Association Ireland (PWSAI)</li> </ul> <p><a href="http://www.pwsai.ie">www.pwsai.ie</a></p>