



**AUTONOMY AND WELL-AGEING REINFORCEMENT
FOR THE ADULT PEOPLE WITH DOWN SYNDROME**

Intellectual Output 1



Co-funded by the
Erasmus+ Programme
of the European Union

THE AWARDS PROJECT PERSONALITY INVENTORY AND INTERESTS INVENTORY FOR ADULTS WITH DOWN SYNDROME

The Personality Inventory and Interest Inventory for Adults with Down Syndrome was designed within the framework of the AWARDS Project to reveal the fields of interest and personality structure of adults with Down syndrome.

These tests (inventories) will support orienting adults with Down Syndrome to accurate social and vocational areas according to their interests, skills, needs and health conditions. Consequently it will contribute to the development of the autonomy skills of the adults with Down Syndrome, in other words, their ability to manage their own lives, which is one of the results of the project. What is more, the objective of this project is to show how adults with Down Syndrome can age well and in an active way.

While applying these tests to adults with Down Syndrome, it would be recommended to secure the support of their family members and professionals who work in their care and education for accurate assessment results.

As you explore personal features and careers, people should know what skills, talents and personality traits they bring to the workplace. The inventories are fun tools that help people discover what they like and dislike, what they are good at, and how well their interests match up different careers.



AUTONOMY AND WELL-AGEING REINFORCEMENT
FOR THE ADULT PEOPLE WITH DOWN SYNDROME

Intellectual Output 1



Co-funded by the
Erasmus+ Programme
of the European Union

THE AWARDS PROJECT PERSONALITY INVENTORY FOR ADULTS WITH DOWN SYNDROME

YES NO

- | | | |
|--|-----|-----|
| 1. Do you get annoyed when others argue with you? | () | () |
| 2. Do you provide an explanation about your plan in order to convince others? | () | () |
| 3. Do you often feel sorry for what you have done? | () | () |
| 4. Do some meaningless thoughts occupy your mind and bother you? | () | () |
| 5. Do you get worried about not getting what you want? | () | () |
| 6. Do you feel that you can't stand still sometimes? | () | () |
| 7. Are you often concerned about unimportant things? | () | () |
| 8. Do you have difficulty meeting other people? | () | () |
| 9. Do you have problems and responsibilities that you cannot solve and that discourage you? | () | () |
| 10. Do you sometimes think that no one understands you well? | () | () |
| 11. Does your family ever complain about you because you spend too much time outside
with your friends? | () | () |
| 12. Does your family accept your opinion as well when making decisions within the family? | () | () |
| 13. Do you find it easy to introduce people to each other? | () | () |
| 14. Do you tend to stay away from the crowd as much as possible? | () | () |
| 15. Can your friends see you whenever they want? | () | () |
| 16. Is it necessary to be friendly towards a new person you are not familiar with? | () | () |
| 17. Is it possible for the people who live together in a society to function without rules? | () | () |
| 18. Do you find it difficult to share your secrets with others? | () | () |
| 19. Should people treat disrespectful people in the same way? | () | () |
| 20. Do you often get concerned that you will do something wrong or bad? | () | () |



**AUTONOMY AND WELL-AGEING REINFORCEMENT
FOR THE ADULT PEOPLE WITH DOWN SYNDROME**

Intellectual Output 1



Co-funded by the
Erasmus+ Programme
of the European Union

21. Should people who mistreat you be treated equally badly? () ()
22. Do you think it is difficult for your ideas to be accepted by others? () ()
23. Do you need to learn about other people's decision before making one? () ()
24. Do you have a life that has frustrated you for a long time because it is not enjoyable? () ()
25. Can you keep your emotions under control? () ()
26. Do you get excited and sweat when you think you will face a difficult situation? () ()
27. Do you frequently check your body for minor changes (such as acne)? () ()
28. Do you have frequent arguments with your family members? () ()
29. Is it unnecessary to make plans for the future? () ()
30. Do you have a lot of trouble keeping your attention on one topic? () ()
31. Do you often feel ill or weak throughout your body? () ()
32. Does your family feel that you are considerate towards them? () ()
33. Do your family members usually behave calmly towards each other? () ()
34. Would you like to be among people who joke with each other? () ()
35. Do people find you capable of relating to other people? () ()
36. Do you usually enjoy working with someone of the opposite sex? () ()
37. Would it be right to borrow some things without informing the owner? () ()
38. Do you think it is important for a person to comply with the customs and traditions in a society? () ()
39. Do you have to react when most people around you are arrogant? () ()
40. Are there a few people around you who love you? () ()
41. Do you find it easy to avoid difficult situations by telling harmless lies? () ()
42. Do your friends know you as someone who tells the truth under all circumstances? () ()
43. Do people around you want to know your opinion regarding important issues? () ()
44. Do people around you change their minds after getting your opinion? () ()



Co-funded by the
Erasmus+ Programme
of the European Union

**AUTONOMY AND WELL-AGEING REINFORCEMENT
FOR THE ADULT PEOPLE WITH DOWN SYNDROME**

Intellectual Output 1

45. If the person next to you is depressed, does it affect you immediately? () ()
46. Are you bothered by the feeling "I failed"? () ()
47. Do you need to take great care of your health? () ()
48. Do you often get angry because of the circumstances you are in? () ()
49. Do you often get offended by those around you even if you don't show it? () ()
50. Do you feel depressed at times and it is difficult to get rid of this feeling? () ()
51. Would you rather be alone than being with many people around you? () ()
52. Do you get shy in the environment where there are people you don't know? () ()
53. Are there any people in your family that you find stingy towards you? () ()
54. Does it make you angry that your family often expects you to obey everything? () ()
55. Do you have many friends and such that it makes you happy? () ()
56. Do you enjoy participating in noisy entertainment? () ()
57. Do you find it difficult to entertain others during social events? () ()
58. Is it always wrong to avoid work and responsibilities? () ()
59. Must one always keep his promise? () ()
60. Do you agree with the opinion that people who leave doors open deserve
having their belongings stolen? () ()
61. When talking to someone of the opposite sex, do you adapt your speech based on
the fact that he/she is a male/female? () ()
62. Do you think people around you gossip a lot? () ()
63. Are you a shy person in human relations? () ()
64. Do you find it easy to introduce people to each other and to be introduced to others? () ()
65. Do others find you talented and brave? () ()
66. Are you a touchy person? () ()
67. Is the physical appearance of people unimportant to you? () ()



**AUTONOMY AND WELL-AGEING REINFORCEMENT
FOR THE ADULT PEOPLE WITH DOWN SYNDROME**

Intellectual Output 1



Co-funded by the
Erasmus+ Programme
of the European Union

68. Do you trust your feelings? () ()
69. Would you check a few more times even though you locked your door? () ()
70. Do you wash your hands for a long time to feel clean? () ()
71. Are there times when you are jealous of the happiness of others? () ()
72. Does thinking about the things you want to achieve give you more pleasure than doing them? () ()
73. Do you think some people are trying to be in your shoes? () ()
74. Is attending meetings or events you are interested in often prevented by your family? () ()
75. Do you ever think that the environment where you feel the least understood is
your family? () ()
76. Would you help every person unconditionally? () ()
77. Do you find it easy to lead and revive a dull event? () ()
78. Are you a person who makes friends quickly? () ()
79. Is it dishonourable to take a bus without paying when there is an opportunity? () ()
80. Do you think many people lie to make things easier for themselves? () ()
81. Are you a person who does not care about complying with social rules? () ()
82. Is spending time with people a waste of time? () ()
83. Do you blame those who take advantage of the good intentions of others for their own
benefit? () ()
84. Does your family think that you are successful? () ()
85. Have you ever been prevented from getting a job or profession you wanted? () ()
86. Do you often get criticized because of non-important matters? () ()
87. Do you find it hard to accept the wrong you are doing? () ()
88. Does it bother you that you are not who your family thinks you are? () ()
89. Do your emotions turn easily from sadness to joy and from joy to sadness,
for no particular reason? () ()



**AUTONOMY AND WELL-AGEING REINFORCEMENT
FOR THE ADULT PEOPLE WITH DOWN SYNDROME**

Intellectual Output 1



Co-funded by the
Erasmus+ Programme
of the European Union

90. Do you sometimes have difficulty in getting the people around you to accept the truth? () ()
91. Do you experience insomnia due to the intensity of the thoughts in your mind? () ()
92. Are you usually a calm person or do you approach things with distrust? () ()
93. Do you sometimes think that there are people who think badly of you? () ()
94. Do you feel lonely even when you are in public? () ()
95. Does your family think you are successful enough? () ()
96. Does coming home in the evenings worry you? () ()
97. Would it be pleasant to live away from your family? () ()
98. Do you hesitate to talk to someone you have just met? () ()
99. Do people around you often disappoint you? () ()
100. Do you think people who are difficult to get along with should also be treated kindly? () ()
101. Does it bother you if your behaviour goes against those around you? () ()
102. Should people who disobey and insist on throwing themselves into trouble bear the penalty? () ()
103. Do ever you fight with yourself on certain issues? () ()
104. Do you think that using some force with stubborn people would be helpful in persuading them? () ()
105. Are there times when you are jealous of the happiness of others? () ()
106. Do you have the feeling that others like you? () ()
107. Do you ever underestimate your talent and leave some work unfinished? () ()
108. Do you get excited to see a wild animal even though they are in their cages? () ()
109. Can you stay calm when people criticize you? () ()
110. Do you see yourself as a nervous person? () ()
111. Do you feel you don't want to talk when you're upset or excited? () ()
112. Do you do a lot of things that you regret later? () ()



**AUTONOMY AND WELL-AGEING REINFORCEMENT
FOR THE ADULT PEOPLE WITH DOWN SYNDROME**

Intellectual Output 1



Co-funded by the
Erasmus+ Programme
of the European Union

113. Do you act involuntarily when you are upset or excited? () ()
114. Are there times when you feel extremely joyful or sad for no particular reason? () ()
115. Are those around you happier than you are? () ()
116. Do you have friends that your family does not want to host at home because they
do not like them? () ()
117. Does it often happen that you and your family disagree? () ()
118. Does your family expect too much of you? () ()
119. Do you feel comfortable on occasions what men and women are together? () ()
120. Are you a shy person in human relations? () ()
121. Do you take care not to throw garbage on the street? () ()
122. Can the money or valuables found on the street not be handed over to the
authorities? () ()
123. When you see someone falling on the street, do you pass him by and walk away
ignoring him? () ()
124. Do you often feel reluctant to get out of bed? () ()
125. Do you think society would be better off if people were allowed to act freely? () ()
126. Do you think that social rules are unnecessary? () ()
127. Do you often get angry because of the circumstances you find yourself in? () ()
128. When your friends act in a way that you don't accept, can you tell them
that you don't like it? () ()
129. Do you think you can show your real talents? () ()
130. Do you find it easier to follow the suggestions of your friends than
to make a plan of your own? () ()
131. Are there times you eat without feeling hungry? () ()
132. Do you feel very tired during the downtime or in the morning? () ()



AWARDS

**AUTONOMY AND WELL-AGEING REINFORCEMENT
FOR THE ADULT PEOPLE WITH DOWN SYNDROME**

Intellectual Output 1



Co-funded by the
Erasmus+ Programme
of the European Union

- | | | |
|---|-----|-----|
| 133. Do you get distracted while listening to someone? | () | () |
| 134. Do you often feel tired and sluggish? | () | () |
| 135. Does being criticized hurt you a lot? | () | () |
| 136. Do you often change your route to avoid meeting someone you don't like? | () | () |
| 137. Do you feel comfortable regarding sexual matters? | () | () |
| 138. Are there times when you wish to be a member of another family or group? | () | () |
| 139. Do you complain about family members wanting to know about your personal issues? | () | () |
| 140. Does your family usually reject your friends of the opposite sex? | () | () |
| 141. Are there many people in your neighbourhood who are not liked by other people? | () | () |
| 142. Can you quickly mingle with the people you meet in the community? | () | () |
| 143. Do you treat people who do not accept compromise kindly? | () | () |
| 144. Are you, according to your friends, the person who knows what to say? | () | () |
| 145. Do you respond in the same way to those who show disrespect to you? | () | () |
| 146. Do you think it is better to take revenge than ignore them? | () | () |
| 146. Is there order in the society when everyone complies with the law? | () | () |
| 147. Can you keep your emotions under control? | () | () |
| 148. Do you have difficulty making friends? | () | () |
| 149. When you see the one who is not telling the truth, do you remain silent? | () | () |
| 150. Do you get excited quickly? | () | () |
| 151. Do exciting events save you from pessimism? | () | () |
| 152. Are you a person who gets excited when somethings goes wrong unexpectedly? | () | () |
| 153. Do you sometimes feel like swearing at people? | () | () |
| 154. Do you suffer from a headache when you are nervous? | () | () |
| 155. Do you have difficulty understanding people's speech? | () | () |
| 156. Do you sometimes like to hurt the person you love? | () | () |



**AUTONOMY AND WELL-AGEING REINFORCEMENT
FOR THE ADULT PEOPLE WITH DOWN SYNDROME**

Intellectual Output 1



Co-funded by the
Erasmus+ Programme
of the European Union

157. Are there times when things go wrong without you having caused that? () ()
158. Do you hesitate to tell your family about something you did wrong? () ()
159. Do you love everyone in your family equally? () ()
160. Do you feel comfortable at home? () ()
161. Do you find it difficult to do the works you have to do? () ()
162. Can you forget your sorrows when you join happy friends? () ()
163. Are there times when you don't tell the truth to get out of annoying situations? () ()
164. Is it always necessary to return a found item? () ()
165. Can people trust the person who turned out to be lying? () ()
166. Do some people deserve having their belongings damaged? () ()
167. Are there any people you wanted to take revenge on because
they treated you badly? () ()
167. Should people who mistreat you be treated equally badly? () ()
168. Do you immediately get annoyed when others try to argue with you? () ()



**AUTONOMY AND WELL-AGEING REINFORCEMENT
FOR THE ADULT PEOPLE WITH DOWN SYNDROME**

Intellectual Output 1



Co-funded by the
Erasmus+ Programme
of the European Union

THE AWARDS PROJECT INTERESTS INVENTORY FOR ADULTS WITH DOWN SYNDROME

I like to

...do puzzles						
...work on cars						
...attend concerts, theaters or art exhibits						
...work in teams						
...organize things like files, offices or activities						
...set goals for myself						
...build things						
...read fiction, poetry or plays						
...have clear instructions to follow						
...influence or persuade people						
...do experiments						
...teach or train people						
...help people solve their problems						
...take care of animals						
...have my day structured						
...sell things						
...do creative writing						
...work on science projects						
...take on new responsibilities						
...heal people						
...figure out how things work						
...put things together or assemble models						
...be creative						
...pay attention to details						
...do filing or typing						
...learn about other cultures						
...analyze things like problems, situations or trends						
...play instruments or sing						
...dream about starting my own business						
...cook						
...act in plays						



**AUTONOMY AND WELL-AGEING REINFORCEMENT
FOR THE ADULT PEOPLE WITH DOWN SYNDROME**

Intellectual Output 1



Co-funded by the
Erasmus+ Programme
of the European Union

...think things through before making decisions						
...work with numbers or charts						
...have discussions about issues like politics or current events						
...keep records of my work						
...be a leader						
...work outdoors						
...work in an office						
...work on math problems						
...help people						
...draw						
...give speeches						
	R	I	A	S	E	C



Co-funded by the
Erasmus+ Programme
of the European Union

"This project has been funded by the Erasmus+ Programme of the European Union. However, European Commission and Turkish National Agency cannot be held responsible for any use which may be made of the information contained therein"