

**Recommendations for Support Staff**

We thought about information we would like to be shared in PWSA training sessions or educational resources for support staff.

A summary of our recommendations are:

- Understand the importance of a good diet and an exercise plan / routine.
- Offer different exercise options.
- Find out why we are anxious.
- It is important we are treated as adults.
- We need to be kept busy and not bored or thinking about food. Try to help us NOT think about food.
- Be respectful about food (e.g. don't turn up with food).
- Be understanding. We are not always able to explain ourselves or our thoughts. We are often mis-understood.
- Be aware that despite having PWS, everyone is different, unique. Everyone has different learning styles and preferences.
- We have our own voice and opinions.