**Invitation to Social Gatherings
and Events**

Living with Prader-Willi Syndrome (PWS) can at times be isolating. For families and individuals affected by PWS, attending social gatherings and visiting family and friends can be difficult due to factors such as: change in routine, food temptations, food security, potential behaviours, locations and timing.

This doesn't mean you can't invite your family and friends with PWS to social events. In fact, even if they are not able to attend, being thought of and invited is a really important part of feeling connected.

There are some things that you could consider when inviting a friend or family member with PWS to something you are hosting, which would make a significant difference to them.

* Don't be afraid to ask questions when unsure on how to accommodate someone with PWS.
* Planning is the key. The more notice given, the more time any challenges that arise can be worked around.
* Call parents and/or support people well ahead of time to discuss. You may like to discuss details such as location, celebration type, and food likely to be served.
* Provide details so the upcoming event can be discussed with the person with PWS including setting clear behavioural expectations and boundaries.
* Provide a menu or details on how to access one if there is a menu option available, i.e. for functions at a restaurant. This allows them to factor calories into their plan.
* Discuss with parents and/or support people what food they can and cannot have. Asking is important as the dietary needs may be something you can cater to without much difficulty.
* Have one designated food area so supervision is much easier and unobtrusive. Sneaking and stealing of food can be problematic when there are several locations of food to be monitored.
* Clean up and pack food away once everyone is finished. This can reduce stress and anxiety for families and people with PWS, and shows a clear indication that the eating activity has finished.
* Events where food isn't involved or isn’t the central focus are often easier to attend. Although your event may not serve food, you may be holding it somewhere where food is accessible, i.e. movies or bowling alley, so it is important to let the family and/or support person know.
* Awareness of non-food temptations such as money, handbags, gift cards, wishing wells etc., that could be utilised to access food at a later time.

For more information, visit [www.praderwilli.com.au](http://www.praderwilli.com.au)