



Case study - relationships

We have both been married for 4 years, we have gone through a lot of challenges, but our love has grown stronger. We both have down syndrome but that doesn't stop us from living a full and happy life.

The reason why we are so good together is because we both were friends first, but overtime we fell in love.

We got together through family relatives in 2017, Heidi and I share a Christian faith and we love singing hymns. We have a lot of favourites. Our faith has been the driving force of our marriage.

We like to inspire people with Down syndrome who are single to learn from our marriage that people with Down syndrome can get married, and lead full and productive lives.

Many people have assumptions of people with Down syndrome and one of them is that they will never get married but we here to break that myth.

Some people also think people with Down syndrome are to be treated like kids. We went to a hotel in London and the manager was surprised that we were sharing a room and also gave us kids colouring books.

We are adults, please treat us as adults!

James and Heidi Carter

