

ABSTRACT

This study aims to understand how communication patterns in the family resilience function of children with Down Syndrome based on the mother's perspective at the POTADS Foundation. Having a child with Down Syndrome poses quite varied challenges for families, which requires resilience and effective communication patterns from parents to support child development and care for children. The research method used is qualitative with a case study approach. Data were collected through in-depth interviews with mothers who are members of the POTADS Foundation. Data analysis was conducted to identify the communication patterns applied and the factors that influence family resilience. The results revealed that a balanced communication pattern is the main factor in shaping the resilience of families of children with Down Syndrome, where the duties and responsibilities of all family members are divided equally. This pattern allows for better collaboration and coordination, increasing fairness, trust and emotional support within the family. Other patterns found were the Equality Split Pattern, which emphasizes equality in communication and decisions, and the Unbalanced Split Pattern, where one individual has more influence but still shows resilience through experience and effective strategies in coping with stress.

Keywords: *Communication Patterns, Down Syndrome, Resilience,*