

# CPA Student Success Guide

Karina, CPA Client

**A guide to navigating the  
years 11 and 12 successfully**



# Your goals are our goals

The final years of secondary school can be a big challenge for students and their parents, and even more so for those with a disability. How do they develop their independence? Transition from school in to the community? Capitalise on employment opportunities?



**How to use this guide**  
To help you get the most from this guide, each section has three key areas:

GOAL

OUTCOME-BASED SUPPORTS

OUTCOMES

So, you'll easily be able to discover which CPA services correspond to the goals and the outcomes these services are designed to deliver.

To ensure students can achieve the best possible outcomes during this crucial life stage, we've created the CPA Student Success Guides.

Each guide has been informed by evidence-based thinking and long-time learnings. We've also looked closely at the Australian Curriculum, to see where our programs and services align, not only within curriculum, but also with the known educational, social and emotional goals of students as they journey through secondary school.

The full kit includes three guides, each covering two school years: Years 7 and 8, 9 and 10, and 11 and 12. Because students goals and needs change over the course of secondary school, there will be some crossover of goals between years.

This kit will assist teachers, parents, and students living with a disability to discover the wide range of fun and engaging programs and services students can access through CPA to support achievement of those goals.

CPA is proud to be a Department of Education specialist allied health provider, pre-qualified to provide a range of supports in schools to ensure learning adjustments are appropriate and effective for students.

The allied health services that CPA can deliver under this Scheme are occupational therapy, speech pathology, physiotherapy, exercise physiology and behaviour support.

For further detail, visit: <https://education.nsw.gov.au/teaching-and-learning/disability-learning-and-support/programs-and-services/specialist-allied-health-service-provider-scheme->

## These guides were designed with teachers, parents and students in mind



**For teachers,** we know that you want the very best for your students and are constantly trying to balance the demands of the classroom with shaping the curriculum to meet your student's needs.

**This guide will help you identify the supports that can help your students achieve their goals and become the best versions of themselves.**



**For parents,** we know that you want your child to experience all that secondary school has to offer, the same as any other teen. You might be overwhelmed by the support options available for your child but want to ensure they are armed with the tools to succeed and most importantly, to enjoy these important years.

**This guide will help you identify the supports that can help your child achieve their goals and become the best version of themselves.**



**For students,** we know that secondary school can be overwhelming and exciting at the same time. This guide will arm you with the supports you need to excel in secondary school depending on your goals as you progress through the years. You can pick and mix your supports however suits.

**This guide will help you identify the supports that can help you achieve your goals and become the best version of yourself.**

Whatever the service or program, you can be confident that any student with a disability will benefit from our unrivalled experience and expertise, as well as be inspired to learn and develop in an engaging, safe and supportive environment.



# Preparing for life post-school

By the final years of secondary school, the focus changes. Now, the challenges are around dealing with future obstacles. How do you learn the life skills you need? What are your employment options? What about further education through TAFE or University?



## Managing the next big transition

This guide is designed to support students in years 11 and 12 with a range of disabilities to deal confidently with adjustments as they make their journey into adult life; to help them develop the life skills they need to truly find their voice and realise their potential. During the last two years of high school, students may face challenges, including:

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Let's look at how students can navigate all of these goals with great success

## GOAL

# Developing life skills

As the prospect of leaving school looms large, so does the necessity to build and develop the skills needed to live life fully in society. Many of the skills that other students take for granted need to be learned and practised by students living with a disability.

## OUTCOME-BASED SUPPORTS

### Individualised Coaching

#### NDIS CATEGORIES

4 9 10 11 15

Individualised Coaching is one of CPA's core services. It's a personalised, 1-on-1 service where CPA's professionally trained Lifeskills Coaches work with the student around their individual goals. Coaching promotes the student's ability to self-reflect and develop an action plan to achieve their goals in a safe and supportive environment. Sessions relating to life skills might revolve around topics like money management, using technology or travel training. The Lifeskills Coach is there to support whatever the student wishes to work on.

### Workshops

#### NDIS CATEGORIES

4 9 10 11 15

CPA also offers a broad range of weekly, group-based project learning opportunities called Workshops. Workshops provide students with the chance to develop life skills and confidence at their own pace. The Workshop topics vary each term of the school year, but are always focused on skills to take students into their next stage of life, whatever that may be. Workshops are a fantastic way for students in years 11 and 12 to develop life skills, as they provide the building blocks for them to take on the world post school. Examples of Workshops might include topics around building money, communication and career skills.

### Camps and Getaways

#### NDIS CATEGORIES

4 9 11 15

CPA also offers a variety of skill and age appropriate Camps and Getaways designed to help students acquire practical skills and build confidence as they make new friends. Camps and Getaways give students the opportunity to meet and interact with individuals of their age group who may be on a similar journey to themselves. At the same time, they provide an opportunity for students to take time out from home, do things for themselves, learn new skills and improve on existing skills. Camps and Getaways usually run from 2-6 days with between 8 and 12 students with a range of disabilities.

## ★ OUTCOMES

- ☆ Increased confidence in dealing with life
- ☆ Enhanced ability to deal with issues practically
- ☆ Sense of accomplishment

## Building independence

Finding your voice, feeling confident and building independence are all traits that will serve a student well in the final years of school as they prepare to take on the outside world. Independence is different for everyone, and it's important for students to identify what it looks like for them.



### OUTCOME-BASED SUPPORTS

#### Workshops

NDIS CATEGORIES 4 9 10 11 15

CPA's Workshops provide the perfect environment for students to further develop social skills, build resilience and make that confident stride to independence. These group sessions are designed for all abilities with a different, fun and engaging activity running on various themes. It's a great way to engage with others, both through listening and learning about other people's perspectives as well as being able to problem solve and work in a team. There's always something different on the menu with the program covering practical life skills that drive towards independence such as money management, cooking, communication skills, travel and more.

#### Individualised Coaching

NDIS CATEGORIES 4 9 10 11 15

Everyone is different and everyone develops their independence differently. That's where CPA's Lifeskills Coaches use their experience and engage the student in joint planning around their individual goals. This personalised 1-on-1 service provides the ideal environment for the student to self-reflect on their skills and actions as a way to develop a plan to reach their goals – such as learning particular skills like catching the bus or train – as they are guided towards the next steps in their independence.

#### Camps and Getaways

NDIS CATEGORIES 4 9 11 15

CPA offers a variety of skill and age appropriate Camps and Getaways designed to help students acquire practical skills and build independence as they make new friends. Camps and Getaways give students the opportunity to meet and interact with individuals of their age group who may be on a similar journey to themselves. At the same time, they provide an opportunity for students to take time out from home, do things for themselves, learn new skills and improve on existing skills. The skills that are acquired through attending a camp or getaway are fantastic for equipping students with the resources needed as they begin the transition from school into the community. Camps and Getaways usually run from 2-6 days with between 8 and 12 students with a range of disabilities.

#### Occupational Therapy

NDIS CATEGORY 15

CPA's Occupational Therapists play a crucial role in helping students with physical disabilities build their physical independence. An OT will work with the student to look at ways they can participate independently in activities they find meaningful.

#### Exercise Physiology

NDIS CATEGORIES 12 15

In addition to Occupational Therapy, Exercise Physiology plays an important role in helping students build their physical independence through increased mobility. CPA's Exercise Physiologists will work with the student to build physical strength through goal directed strength and fitness programs with the objective of ongoing mobility maintenance.

#### Assistive Technology

For many students, assistive technology plays an important role in building and maintaining independence. CPA therapists are on hand to assist with identifying new equipment or replacing existing equipment as needs change. This might be a new pair of AFOs to support mobility, or a powered wheelchair to enable conservation of energy and to balance physical and cognitive demands. Reviewing current technology, such as AAC may also be recommended due to advances in software, computer systems and access methods.

### ★ OUTCOMES

- ☆ Increased social and physical independence
- ☆ Confidence to engage with and work with others
- ☆ Building resilience



## Promoting positive choices

Developing the social and emotional skills that help build and maintain healthy friendships and relationships whilst making healthy choices is fundamental at this age. This is the time in a student's life when relationships can become a little more complex. Being armed with the skills and tools to make informed choices can go a long way.

### OUTCOME-BASED SUPPORTS

#### Individualised Coaching

NDIS CATEGORIES 4 9 10 11 15

While CPA recognises that there is a complex relationship between parents and students at this stage of life, we're also keen that those in their late teens learn beyond avoiding risk and discover more about friendships and relationships. At this age, CPA Lifeskills Coaches find students initiating a lot of conversation around the topic of sexual health. CPA Lifeskills Coaches build 1-on-1 relationships with students and they are often the first adult outside of teachers and family members that they have had these conversations with.

Being able to provide important information in a safe, supportive environment allows students to develop their emotional independence to the point where they feel informed and confident to make safe and healthy choices. Being able to comprehend issues like "Why do they want to date me?", "What does a healthy relationship look like?", "What do I want to get out of it?" and "How do I want to be treated?" goes a long way to securing emotional safety.

#### Workshops

NDIS CATEGORIES 4 9 10 11 15

CPA Workshops also provide another forum – in this case a small group setting – in which to discuss and learn about the social, emotional and sexual health issues and challenges facing students today. There are a number of Workshops centred around the themes of building healthy relationships, making healthy choices and understanding online safety, each expertly and empathetically facilitated by experienced CPA Lifeskills Coaches in a safe and secure environment. As with all proactive learning, being informed and aware of the issues makes them easier to deal with.



### ★ OUTCOMES

- ☆ Confidence to understand what a sexual relationship is
- ☆ Confidence to know what healthy behaviour means
- ☆ Better understanding of what healthy choices entails
- ☆ Better ability to make informed choices around sexual health

# Building and maintaining physical health and wellbeing

These last years of school are the time to form good physical habits to maximise future health and wellbeing. While the structure of school helps ensure that physical activity is front of mind, once school is over it's up to the individual to maintain these habits. Research shows that physically active adolescents turn into physically active adults, making it all the more important to form healthy behaviours during these years.

OUTCOME-BASED SUPPORTS

## Exercise Physiology

NDIS CATEGORIES 12 15

As with all CPA supports, CPA's Accredited Exercise Physiologists focus on a client-centred 1-on-1 approach. Exercise Physiology is available for students with all types of disabilities – physical, sensory and intellectual. These sessions can also be complimented by CPA's range of gym, sports and hydrotherapy programs.

All physical activity is promoted in a safe environment where students can explore their capabilities – both physically and socially while building their confidence.

For those wanting to take their sports skills to the next level, CPA also offers 1-on-1 or group based coaching from expert sports coaches who can help participants develop fitness and sport skills, explore mainstream sports and even look at trialling Paralympic activities.

OUTCOMES

- ★ Maintain health and wellbeing into adulthood
- ★ Improving overall health
- ★ Improving physical and mental wellbeing
- ★ Building new friendships

# Building and maintaining relationships

Making friends is one thing, but how do you keep them? Once school is over, young people can often find themselves lost without the structured relationship setting that school offers. Now is the time to learn skills and strategies for maintaining long-term, meaningful friendships and relationships that will benefit long after school ends.

OUTCOME-BASED SUPPORTS

## PEERS®

NDIS CATEGORIES 4 9 11 15

PEERS® (Program for the Education and Enrichment of Relational Skills) is a relatively new and very successful program that CPA has offered for the past few years. It's a certified social skills intervention program from the University of California, facilitated by a CPA psychologist and lifeskills coach. It's designed to build social skills for students with Autism Spectrum Disorder (ASD), Attention Deficit Disorder (ADD), Oppositional Defiance Disorder (ODD) and Obsessive Compulsive Disorder (OCD).

PEERS® takes place over 16 weeks in select CPA centres and is run by CPA specialists who have been specifically trained in the program. Students taking part in the program will be able to talk to a range of topics around friendship and relationships such as 'How to use appropriate conversational skills', 'How to organise successful get-togethers with friends' and 'How to handle arguments and disagreements'.

## Workshops

NDIS CATEGORIES 4 9 10 11 15

CPA's Workshops are designed to facilitate friendship and relationship development across all disability cohorts. While facilitated by a CPA Lifeskills Coach, they are in effect a peer support and mentoring program, dealing with the issues and challenges facing students today – including social and emotional development. The Workshops cover a range of themes, including mixing in different circles, finding social groups and maintaining long lasting friendships.

## Individualised Coaching

NDIS CATEGORIES 4 9 10 11 15

Individualised Coaching is fundamental to CPA's support for students living with a disability. Having the ability to discuss and learn from a trustworthy and empathetic professional – 1-on-1 – provides a great platform for helping students develop their social and emotional skills, as well as discovering ways to build and maintain healthy friendships.

OUTCOMES

- ★ Confidence to integrate socially
- ★ Building skills to communicate effectively
- ★ Enhanced ability to meet and keep friends



## Creating community connections

In these final years of secondary school, it's important that students begin building the confidence to get connected with the wider community. Laying the foundations for life post school during these years will greatly benefit students, especially those living with disabilities. Community connections will look different for everyone – for some it might mean going shopping, attending a social event or making a contribution to the local community.



### OUTCOME-BASED SUPPORTS

#### Masterclass

NDIS CATEGORIES 4 9 10 15

CPA's Masterclass program combines the coaching expertise of CPA Lifeskills Coaches with the support of specialist CPA Disability Support Practitioners (DSPs) to bring an innovative approach to skills development and community participation. This community-based program is primarily term-based and runs from CPA sites. The aim of Masterclass is to build strong social connections and develop participation and capacity building through activity-based learning to instil self-belief and independence.

#### Lifestyle Supports

NDIS CATEGORIES 4 9

Lifestyle Supports is a CPA service designed to help students living with disabilities engage in their local community. Support is available 7 days a week and is facilitated by an experienced and fully trained CPA Disability Support Practitioner (DSP). CPA matches a DSP to the student needing support and provides 1-on-1 assistance in a number of ways: as a companion for social events, recreation or sporting activities; as a domestic assistant at home providing personal care; or in the neighbourhood, helping with shopping and paying bills.

#### Individualised Coaching

NDIS CATEGORIES 4 9 10 11 15

Everyone is different and everyone develops their independence differently. That's where CPA's Lifeskills Coaches use their experience and engage the student in joint planning around their individual goals. This personalised 1-on-1 service provides the ideal environment for the student to self-reflect on their skills and actions as a way to develop a plan to reach their goals and for Lifeskills Coaches to impart advice and support as they work on personalised goals to help students participate in the community. It could be helping them build social and practical skills for independent living, or nurturing an interest in areas such as art or cooking. CPA is committed to helping students living with disabilities have a positive and fulfilling connection to their local community.

#### Occupational Therapy

NDIS CATEGORY 15

Practical skills can also be provided by the CPA Occupational Therapy team. At this age, CPA OTs are particularly able to assist with problem solving and safety awareness. Take cooking, for example. An OT can provide strategies around food preparation, equipment modification or learning to identify smells. Is that burning? If so, what do I do about it?

An OT can also provide support for community engagement. This includes practical advice and strategies for dealing with things like travel to and from a workplace, and being out in the community. Or if the student is looking to go into further or higher education, a CPA OT can make assessments and recommendations on areas like how to access the curriculum, how to access the classroom and lectures, what equipment the student needs, and so on.

### ★ OUTCOMES

- ☆ Confidence to be out in the community
- ☆ Confidence to feel part of the community
- ☆ Ability to form social connections
- ☆ Ability to deal with whatever life throws



## Exploring post school options

During the final years of school, there will no doubt be discussions about next steps once school is over. This can be an overwhelming time for students, and especially for those with disabilities. While society might place expectations on what 'should' come next, this is an important time for students to reflect and consider all of the options available. While some will love the idea of University or TAFE, that doesn't mean it's for everyone, and that's OK. What's important is that students feel challenged and are given the opportunity to take steps that enable them to experience greater and more meaningful participation in the community and workforce.



### OUTCOME-BASED SUPPORTS

#### Individualised Coaching

NDIS CATEGORIES 4 9 10 11 15

CPA's experienced Individualised Coaching team provides expert advice and support for students looking to embark on a career post secondary school. Through 1-on-1 discussions, a Lifeskills Coach can help develop a road map for the future by identifying individual needs, setting goals and planning the way forward. From career considerations to getting work experience and applying for jobs, CPA Lifeskills Coaches are there to help students map out their next stage of life.

#### Workshops

NDIS CATEGORIES 4 9 10 11 15

Workshops are another forum for support to help students in their late teens make the transition out of school. CPA's careers themed Workshop is designed to get students ready for the workforce. The Workshop takes a holistic approach to career planning and looks to identify individual skills to map out a career that plays to both strengths and interests. The careers Workshop, which is fully supported by trained CPA Lifeskills Coaches, involves 10 weekly group sessions and combines innovative online learning.

#### School Leaver Employment Supports

NDIS CATEGORY 10

School Leaver Employment Supports (SLES), is designed to support students in their final year of school and those who have left school, to make a successful transition from school to employment.

CPA's SLES offering includes a wide range of options to help students with disabilities prepare their own unique pathway to employment. CPA SLES employment supports include skills development in areas such as time management, travelling, money handling, and taking instructions and understanding expectations. CPA can also assist with finding work experience.

Complementary CPA services include Workshops – that cover a range of themes to develop independence, communication, career skills plus more, Life Skills Coaching – to help map out a future path; PEERS® – a social skills program teaching, amongst other skills, how to make and keep friends and how to develop relationships, and Community Access Services to try new experiences with a small group.

CPA SLES delivers vocational skills development and contributes to students achieving their desired employment outcome.

#### Masterclass

NDIS CATEGORIES 4 9 10 15

CPA's Masterclass program combines the coaching expertise of CPA Lifeskills Coaches with the support of specialist CPA Disability Support Practitioners (DSPs) to bring an innovative approach to skills development and community participation. This community-based program is primarily term-based and runs from CPA sites. The aim of Masterclass is to develop participation and capacity building through activity-based learning to instil self-belief and independence. As well as building strong social connections, Masterclass students also have the opportunity to practice work experience through social enterprise.

#### Packforce

Packforce is a packaging and assembly mail house and fulfilment business operating from two warehouses in Frenchs Forest and Wetherill Park. Originally set up in 1961 to provide employment and training for adults with cerebral palsy, today it provides a supported workplace for people with physical, neurological and intellectual disabilities.

Packforce is an Australian Disability Enterprise (ADE), not a program – so everyone who works there gets paid. It's supported employment with on the job training, particularly in machinery and tools.

### OUTCOMES

- ☆ Better understanding of career options
- ☆ Confidence to apply for jobs
- ☆ Personal growth and development
- ☆ Skills development
- ☆ Connection with the community
- ☆ Potential pathways to the open job market



# Aaryan's story

## Ambitious uni student sets sights on sports broadcasting



**Aaryan is a dynamic undergraduate in his first year at Macquarie University with a passion for sport. He's studying Media & Communications and has his sights set on a career as a sports broadcaster.**

Living with cerebral palsy, Aaryan has been supported by CPA since he was 3 years old. He and his Mum Rima have some great advice on how to manage years 11 and 12 at school, and how teens coming to the end of their time at school can transition to a post-school environment.

### Moving from primary school to high school

Going from a small school environment with just 300 students to one with over 1600 was a struggle for Aaryan – the sheer size of high school led to him getting lost, and often being late for class.

Finding his feet and getting to know people was another challenge. Aaryan tried to make new friends but would often feel out of his comfort zone. So he stuck to his primary school friends, which helped him get accustomed to the new environment and build confidence.

"I had this preconceived idea in my mind about how people would be, what you're meant to talk about with them. I kind of talked to the wrong people about the wrong things!" says Aaryan.

Getting his first electric wheelchair in year 11 increased Aaryan's independence. However, he still experienced some accessibility challenges, including not being able to access all rooms or get to the basketball court, until the school installed a lift.

"The basketball court was an important area to socialise. A new block was built, however people were not sitting in places I could get to, and they moved around frequently. I found this quite challenging because I couldn't strengthen my relationships with people at school," says Aaryan.

Despite these challenges, by years 11 and 12, Aaryan developed many friendships that are still strong today.

### Going for gold in sport

Aaryan's greatest passion has always been sport. He sets the bar high for himself, thriving on the competition, physical exercise, and social aspects of sport. He also finds it helpful for managing stress.

As his favourite aspect of school, Aaryan started playing sport early. During primary school, he discovered Boccia, eventually going on to represent the state and nation at an international level.

To support Aaryan to reach his goals, and get the most out of other school sports, CPA Physiotherapists worked with his school to modify PE and sports programs for greater accessibility.

"I enjoyed school PDHPE lessons where I got to try out new sports such as European Handball. The PDHPE staff made a huge effort to make me feel included in all activities, especially in year 11 and 12."

"However, the majority of my sport occurred outside of school, this included walking, swimming, going to the CPA gym and playing Boccia, all of which I still participate in today. Sport helps me with stress and social interaction. My main goals with sport include improvements in flexibility, strength, balance and stamina. For Boccia, it is about improving my game and being the best and most competitive I can be," says Aaryan.

By the time he'd reached high school, Aaryan had made firm friendships in his Boccia team and in the CPA swim club, Allambie Seals. Aaryan and his peers from the swim club have a mutual love of footy (Sydney Swans) and often head out to games together. They also participate in overnight camps and programs together, facilitated by CPA.

### Advice for the final school years

In year 11 and 12, Aaryan became much closer to his peers after plucking up the courage to put himself out there and socialise. He found the support of his friends really important through these years and advises others to:

"Make the most of any kind of social time. As much as school is about working hard and doing well, it's also about building relationships. You can make some of your best friends at school".

When it comes to school work, Aaryan's advice is to do as much as possible inside school hours. "Using your free periods and taking notes are real time savers, and working as soon as you get home after school means you can unwind after dinner" says Aaryan.

Aaryan's Mum, Rima suggests applying for University early, especially if you're doing a lot of extra-curricular activities, like Aaryan. Aaryan agrees this made a huge difference, taking the pressure off and enabling him to focus on exams rather than leaving it to the last minute.

Aaryan's school commitment and sporting tenacity has certainly paid off. He's applying the same grit and perseverance to his career path – by continuing to hone his knowledge, and develop his presentation and communication skills, he is now well placed on an upward trajectory towards reaching his dream job in sports broadcasting.



# Services and Programs at a glance

The following table provides a consolidated snapshot of some of the Services and Programs available from CPA along with the goals each service supports. The relevant NDIS category is also shown to assist with plan budgeting.

There’s no one-size-fits-all way to learn, which is why our programs and services are offered in-person at local CPA centres, in the community, or online via CPA Telepractice. This virtual option provides the flexibility to access services from any device, and the ability to speak to a therapist or other specialist in more private surroundings. CPA programs and services are available on various days at a range of times throughout each term of the school year, as well as during school holidays.

# Notes

GOAL	SERVICES	NDIS CATEGORIES
Developing life skills	<ul style="list-style-type: none"><li>Individualised Coaching</li><li>Workshops</li><li>Camps and Getaways</li></ul>	<div>49101115</div> <div>49101115</div> <div>491115</div>
Building independence	<ul style="list-style-type: none"><li>Workshops</li><li>Individualised Coaching</li><li>Camps and Getaways</li><li>Occupational Therapy</li><li>Exercise Physiology</li><li>Assistive Technology</li></ul>	<div>49101115</div> <div>49101115</div> <div>491115</div> <div>15</div> <div>1215</div> <div>N/A</div>
Promoting positive choices	<ul style="list-style-type: none"><li>Individualised Coaching</li><li>Workshops</li></ul>	<div>49101115</div> <div>49101115</div>
Building and maintaining physical health and wellbeing	<ul style="list-style-type: none"><li>Exercise Physiology</li></ul>	<div>1215</div>
Building and maintaining relationships	<ul style="list-style-type: none"><li>PEERS®</li><li>Workshops</li><li>Individualised Coaching</li></ul>	<div>491115</div> <div>49101115</div> <div>49101115</div>
Creating community connections	<ul style="list-style-type: none"><li>Masterclass</li><li>Lifestyle Supports</li><li>Individualised Coaching</li><li>Occupational Therapy</li></ul>	<div>491015</div> <div>49</div> <div>49101115</div> <div>15</div>
Exploring post school options	<ul style="list-style-type: none"><li>Individualised Coaching</li><li>Workshops</li><li>SLES</li><li>Masterclass</li><li>Packforce</li></ul>	<div>49101115</div> <div>49101115</div> <div>10</div> <div>491015</div> <div>N/A</div>



## About CPA

Cerebral Palsy Alliance (CPA) is a leading provider of disability services throughout NSW and ACT, supporting young people with a range of physical and neurological conditions to achieve their goals and reach their potential.

Conditions we support include cerebral palsy, autism, global developmental delay, acquired brain injury, muscular dystrophies, stroke and genetic syndromes.

We work closely with young adults with disabilities, empowering them to develop the skills they need to live their best life – whatever their next adventure.

Start your journey with CPA today and let us challenge, encourage and support you to achieve your goals.

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## Contact us



1300 888 378



[ask@cerebralpalsy.org.au](mailto:ask@cerebralpalsy.org.au)



[www.cerebralpalsy.org.au](http://www.cerebralpalsy.org.au)