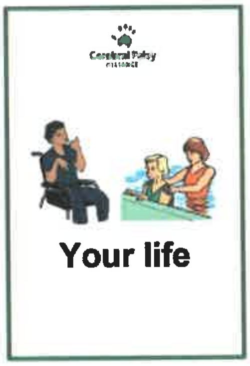
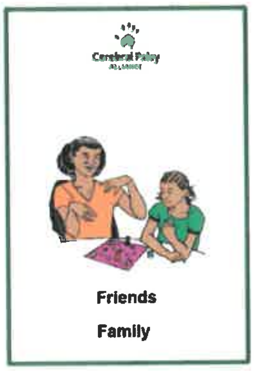
Cerebral Palsy
ALLIANCE

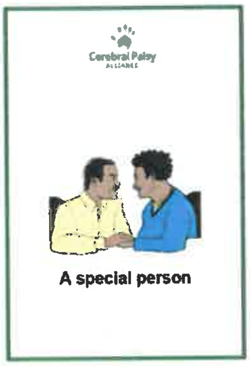
Your life


Cerebral Palsy
ALLIANCE
Your life

In this book


Cerebral Palsy
ALLIANCE
You are an adult


Cerebral Palsy
ALLIANCE
Friends
Family


Cerebral Palsy
ALLIANCE
A special person

Cerebral Palsy
ALLIANCE

Stay well.
Things you need to know

Part 4. Stay well. Things you need to know

Cerebral Palsy
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Live well with
cerebral palsy

Part 5. Live well with cerebral palsy

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Things you do

Part 6. Things you do

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How you live

Part 7. How you live

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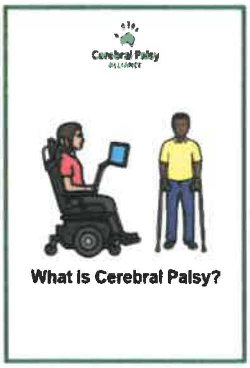
You are an adult



What is Cerebral Palsy?

1. What is cerebral palsy

Information we use

2. Information we use

Things important to you

3. Things important to you

You are an adult

4. You are an adult

Cerebral Palsy
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Good ways to learn new skills

5. Good ways to learn new skills

Cerebral Palsy
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You do things
for yourself

6. You do things for yourself

Cerebral Palsy
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What is Cerebral Palsy?

Cerebral palsy is when your brain is hurt

It is when your brain is growing.

This may be before you are born.

It is when your mum is pregnant with you

Or

It may be when you are born

Or

It may be soon after you are born.

Cerebral palsy changes

- the way you move
- how you do things.

You may need help to do some things.

Like it is hard for you to

- eat
- drink.

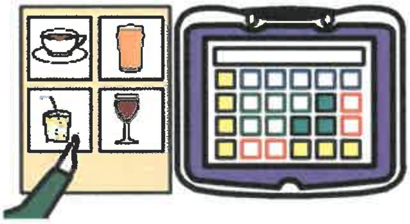
You may have other disabilities. Like

- it is hard to learn
- epilepsy.

You may have other disabilities. It may be

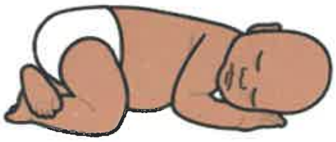
- with your sight
- with your hearing.

Cerebral palsy is different for each person.



You may use a different way to talk.

You have cerebral palsy all your life.



Like when you are a

- baby

- child
- young adult

- older adult.

More information

Call 1300 888 378.

Email ask@cerebralpalsy.org.au

Website www.cerebralpalsy.org.au

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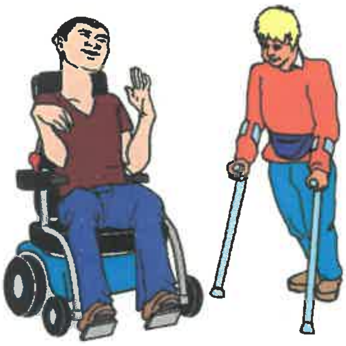
Information we use

We use information from

- studies

- doctors

- health staff. These are people like your
    - Physio
    - OT
    - Speechie
    - Foot doctor.



We also use information you tell us.

Each person is different.

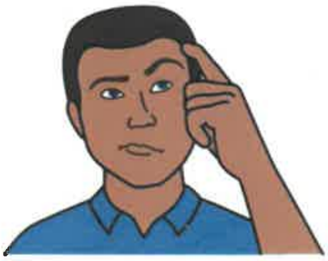
You know the most about you.

It helps us plan together.

We have lots to learn about cerebral palsy.

Studies help us to know more.

But



Some times there is a problem.

No study has been done.

We do **not** know all the answers.

You talk about your problem.

Your health team tell you what may help the problem. You work together.

You choose what is right for you.

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Things important to you

There are things important to each person.

They can be different for each person.

Like your

- friends
- family

- places outside home.

There are things you need. Like

- good health care
- a safe home

- to learn new things
- to join in things you like to do.

There was a study.

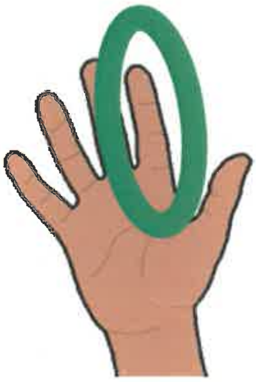
It was about people with cerebral palsy.

It was about what is important to people with cerebral palsy.

The people said

see us as a person first.

We have full lives.



They said

cerebral palsy is only 1 part of life.

People in the study said

they want to be ready for adult life. Like

- to choose what they want to do
- get to places they want to go

- to make friends.

They said they want to be able

to speak up for themselves.

They said they want to

- study
- do the work they want to do.

They said they want to take part in things. Like

- in sport
- art.

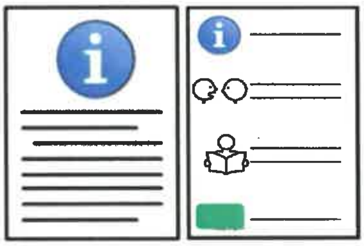
They said they want the help they need.

They may need a lot of help.

But

They make their own choices.

Like the type of home to live in.



People said they need information. Like

- where events are
- access to places
- how to make friends.

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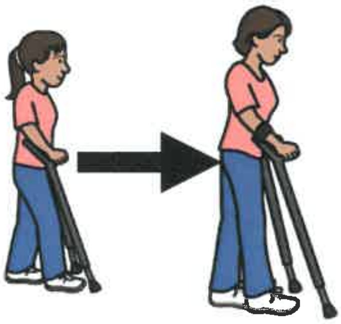
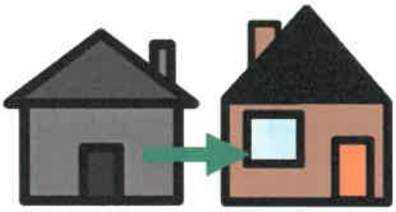
You are an adult



You are 18 years old. You are an adult now.



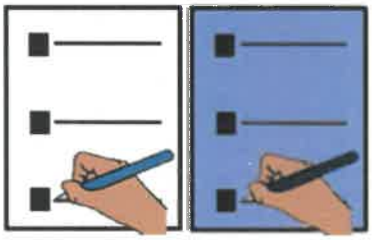
Things may change.

Like you may move to a new home.

You may have different friends.

There may be new things you do. Like

- you go to a dance club
- you go to yoga.



You plan for the future.

Other things can happen too. Like you

- meet a special person

- start a new job

- start a family.

You may travel.

Every person is different.

Change is different for each person.

Your health may change too.

You are a young adult.

But

You may have problems like an old person now.

You may find it hard to do some things.

It may be you need help to shop.

You may have more health needs.

Like you have diabetes now

You may need more help to do

every day things. Like wash your clothes.

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Good ways to learn new skills

Studies looked at

- people with cerebral palsy

  and

- how you learn new skills.

The study says it is best to learn real life skills.

Like you learn to

- cook
- use the train.

You do this where you live. Like you learn to

- cook in your home
- use the train station near your home.

You have lots of practice. Carers tell you

- what is good
- what else you can do.

It changes the way you

- think about things
- do things.

This helps you

- learn new skills
- keep the skills
- use the skills in different ways.

  Like you can cook more meals now.

What can help?

You can learn new things. You may learn

- things you need to do each day.

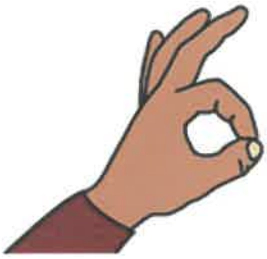
  Like catch a bus

- keep doing the things you know.

  Like cook your meals.

You work out all the small steps.

You work on the small steps.



The steps are

- **not** too easy
- **not** too hard.

You choose what you want to learn.

It is a big thing.

Like you want to use the computer.

You can do this

- with 1 person to teach you

- in a group.

Talk to your support team at CPA.

Your team can

- help you find out what you want to do
- teach you the steps
- help you get the things you need. Like
    - books
    - a special keyboard for your computer.

You learn how to do more things.

We can help you in other ways to

- do more things for yourself
- get work.

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ALLIANCE

You do things for yourself

People with cerebral palsy say

it is good to do things for yourself. Like

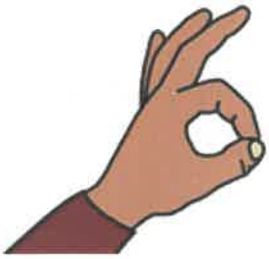
- use the toilet
- shower
- move from your bed to a chair.

It may be

- shop for food
- cook.

It may be you

- plan to meet friends
- use the bus
- use a taxi.



You may only do part of it.

That is OK.

Like you need food. You can

- plan what you need
- write your list
- hold the basket
- pay for the food.

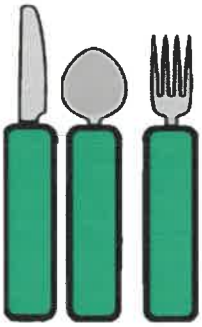
You need help to

- take food off the shelf
- put food on the counter
- put the food in the bags
- put the food in the car.

Other people help when you need it.

It is different for each person. It is about

- the things you learn
- how you learn
- what you want to try.

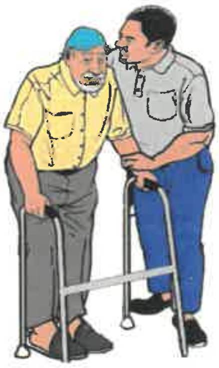


It can be

- where you do it
- the time you have
- the tools you have.

Other things can make it

- hard
- easy
- better.



It may be you

- are sick
- are in pain
- are now old.

It may be

- a different wheel chair
- a new home
- new carers.

What can help?

Your health

Your body does change.

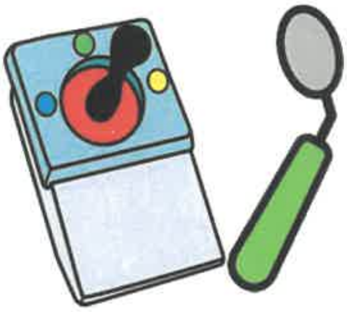
What you can do does change

Talk to your

- doctor

- OT
- physio.

Tell them what is different.



Tools you can use

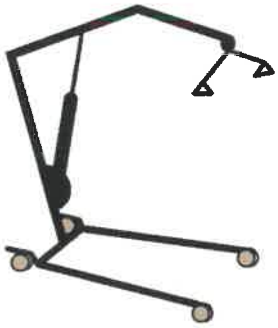
There are many things you can use.

Talk to your OT.

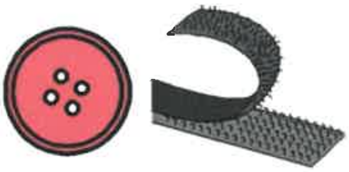
Tell them what you need help with.

It may be

- a new toilet
- a new tap in the shower.

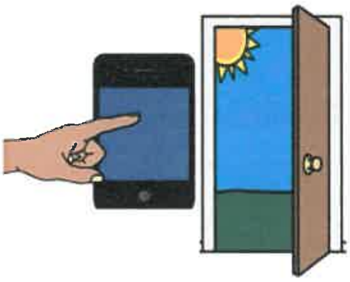


- a hoist
- new spoons.



More things may be new ways to

- do up your clothes
- do up your shoes.



There are lots of new buzzers.

Some can be on your phone.

Like a door opener.

You may need a sleep machine.

You may need a different way to move.

- at home. You use your crutches.
- when you go out. You use a wheel chair.

In time it may change again. At home

- you were ok
- now you need a walker.

When you go out

- you used a wheel chair
- now you need a scooter.

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ALLIANCE

Friends

Family

1. You feel like you belong

2. You want to be with your friends

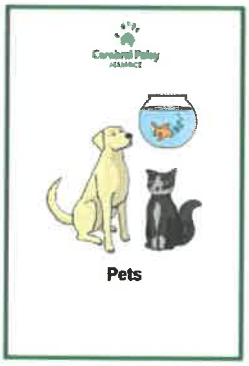
3. Help with your friends

4. Your family

Cerebral Palsy Alliance

You want a family

5. You want a family



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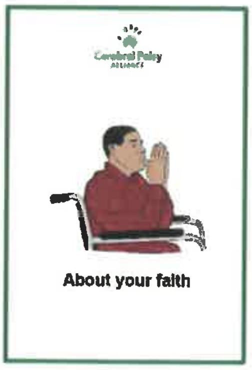
Pets

6. Pets



Cerebral Palsy Alliance

About your faith

7. About your faith

Cerebral Palsy
ALLIANCE

You feel like you belong

Each person needs to feel like they belong.

You feel good when

- you care about others
- others care about you.

It is good to be part of a community too.

It makes you feel good.

You may like

- games
- sport.

You like to do it with other people.

It helps your health. Like you are worried.

You talk to a friend. You feel better now.

Cerebral palsy can make it hard to

feel like you belong.

There are lots that can make it hard. Like

- there are stairs where you want to go

- you can **not** get on the bus.

- you **can not** find a job.

There are other things that can make it hard.

Like it can be hard for you to

- move your body
- talk with others.

You need lots of help to do most things.

You get tired.

It can take a long time to do things. Like

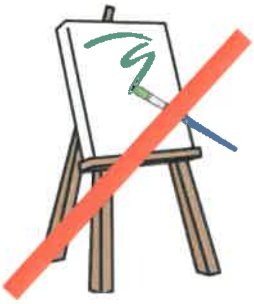
- shower
- dress

- eat.

There is no time for the things you want to do.

Like

- go to work



- go to a new class
- meet friends.

What can help?

You find a job. It is

- work for pay

or

- work for **no** pay.

You join a group.

They like the same things as you. Like

- sport that you like
- craft.

You have help to go out.

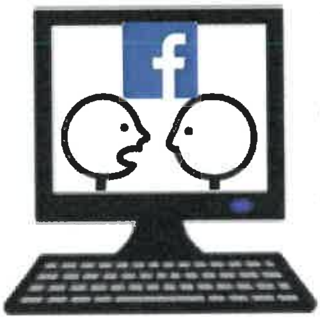
Carers help you meet other people.

You may meet people you know at home.

You spend time together.

Like you listen to music with them.

It is in a place that is right for you.



You use social media to

- meet new people
- stay in touch with people you know.

Like Facebook.

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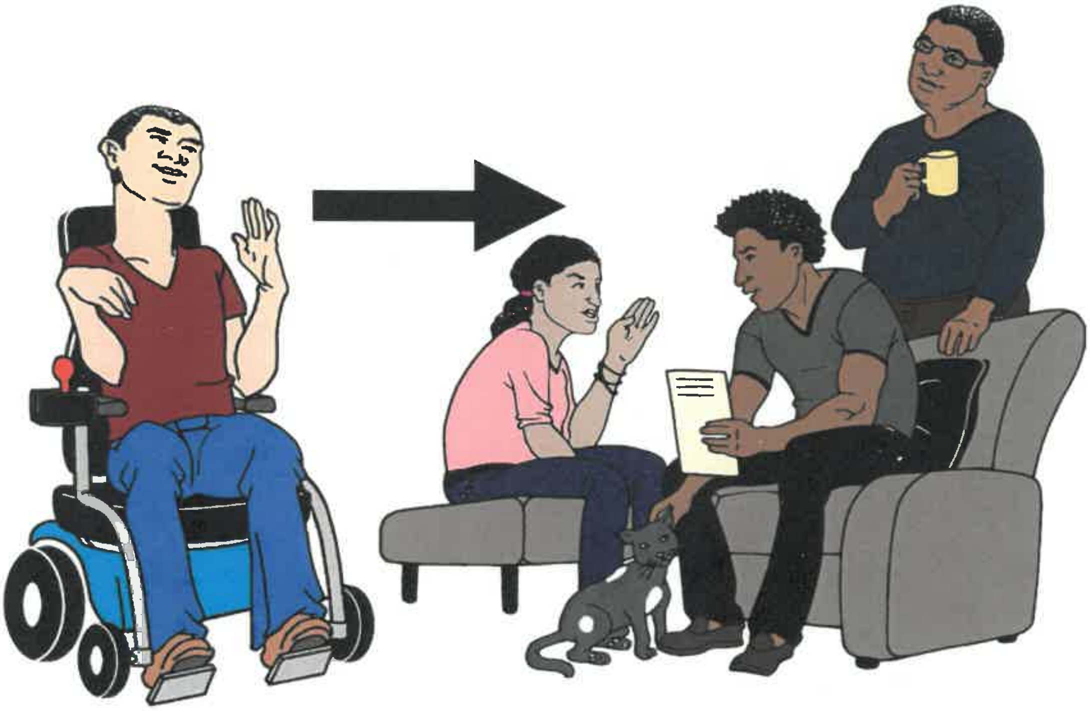


You want to be

with your friends

You want to be part of your community.

You can

- meet new people
- make friends
- do the things you like to do.

It can be hard.

You do not work

You do **not** go to school.

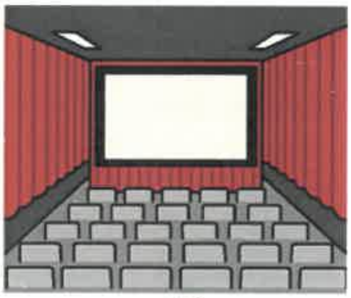
You can do other things.

It may be a place near your home.

They do things you like to do. Like

- music
- singing.

They like the music you like.



It may be

- art
- a movie group

- sport
- yoga.

It may be

- a chat group
- a social group

- cooking club
- a book club
- using the internet.

You choose what you want to do.

You meet people who like the same thing.

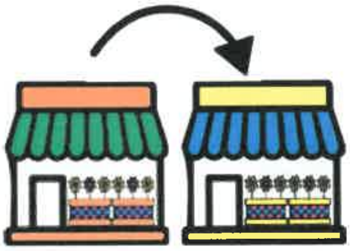
You may do a class.

Like you learn to use the internet.

You can do volunteer work.

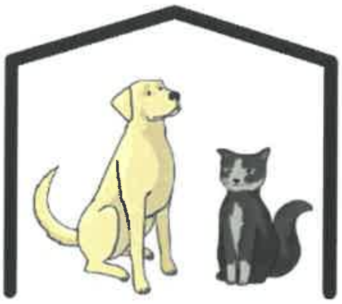
You do **not** get paid.

There are lots of reasons people volunteer.



It may be to learn how to do a job.

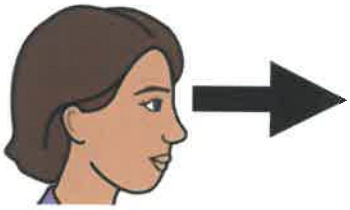
It may be to meet people.



You do it to help others. Like

- you care for pets. They are lost pets.
- you do speeches.

  You tell people about different ways you talk.



You may need help to find volunteer work.

Volunteering Australia can help you.

Go to www.govolunteer.com.au

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Help with your friends

You find it hard to talk to others. Like

- friends
- family.

There is a group you can go to.

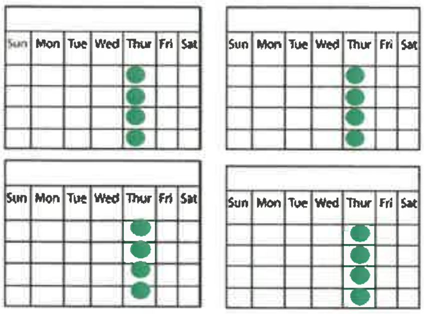
It helps you to

- make friends.
- keep friends.

PEERS®

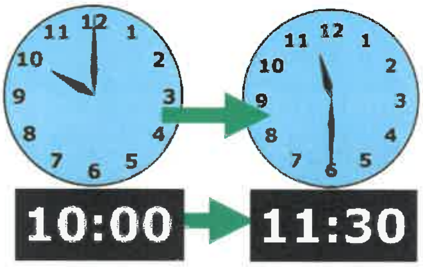
It is called **PEERS**.

Cerebral Palsy Alliance run the group.



You meet 1 time a week. Like each Thursday.

You do this for 4 months.



You meet for 1 and a half hours.

This is the same as 90 minutes. Like

- 10 in the morning

to

- 11.30 in the morning.

You learn to

- know what is ok to talk about
- ask people to do things with you.

You learn lots of new things at the group.

Like you

- learn to meet a new person
- learn to chat
- learn to end your chat.

You can take a person you trust. Like a

- friend
- carer
- parent.

They learn how to help you.

They learn this at **PEERS**.

You can learn to use a computer.

You learn about social media. Like Facebook.

You want to meet a special person. Like a

- boy friend

  or

- girl friend.

You can learn

- how to meet a special person.
- how to go on a date.

You learn how to stay safe on a date. Like

You do **not** want to kiss.

You do **not** want have sex.

The program will teach you how to say **no**.

It is OK to say **no.**

Ask staff about **PEERS**.

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Your family

Family can be a big part of your life.

It can be different for each person.

You may be close to your

- parents

- brothers
- sisters.

You live with your parents.

Some parents do all your care.

They did this when you were a child.

They do this when you are an adult.

This can change when

- you move out of home

or

- your parents get old.

Other people may come to help you. Like

- carer
- people you know.

You have a

- brother
- sister.

They may help you.

They may be your carer now.

They can help you in different ways.

Like they give you help

- with how you feel
- to choose
- to do things like other people your age.

Help for your family

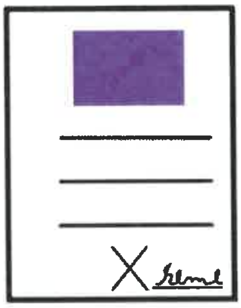
You need time with your

- parents
- brothers
- sisters.

Your parents are your carers.

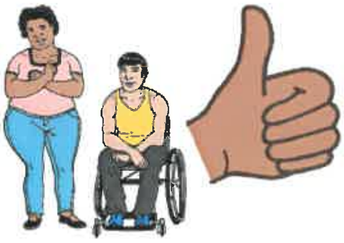
They need breaks. Like

- spend time alone together
- meet their friends
- do their hobbies.



You ask NDIS for money in your plan.

NDIS money pays for a carer.



It is good for you to spend time with other people.

And

It is good for you to have time to yourself.

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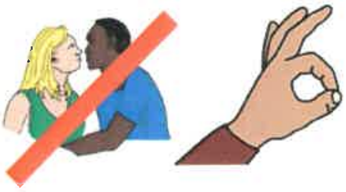
You want a family

You have a special person in your life.

It is called a relationship.

It is ok.



You do **not** want this. That is OK.

You want to have a family.

Talk to your doctor.

You think about what will change. Like

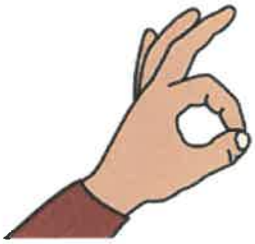
- how you will look after your needs
- how you will look after your childs needs.

Write a list of new help you may need.

Talk to other people with disability

- who have a child
- who want to have a child.

You do **not** want a family.

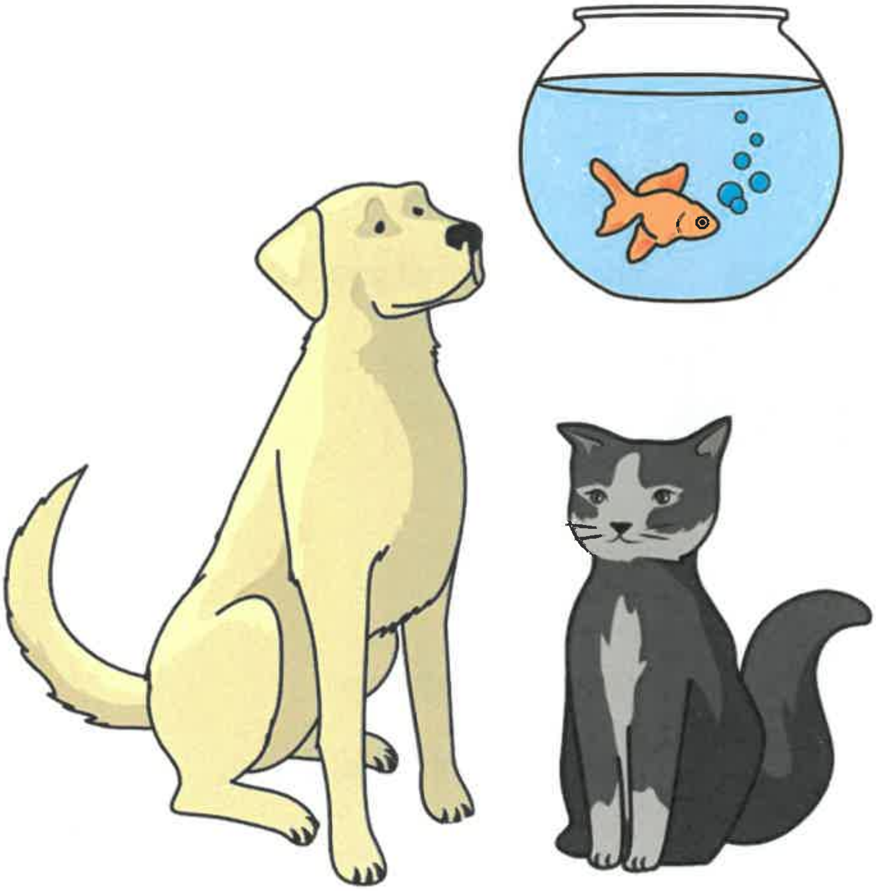


That is OK.

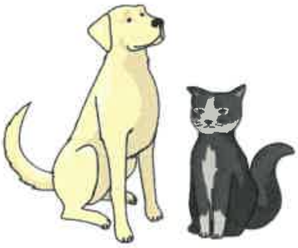
You do **not** want a child.

That is OK.

Cerebral Palsy
ALLIANCE



Pets



You may want a pet.

Pets can be fun. They give you a lot of love.

They are part of your family.

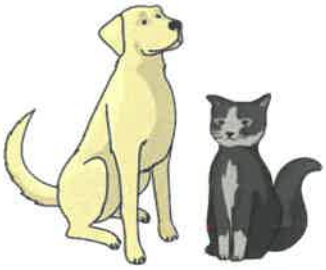
You may need help.

Like you want to get a dog.

But

You need help to walk it each day.

Or



You want time with pets.

But

You do **not** want the work.

There are ways you can meet pets

It is called a pet therapy program.

Cerebral Palsy
ALLIANCE

About your faith

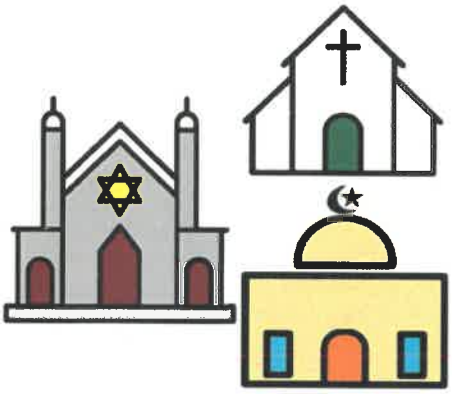
You may believe in prayer.

Some other words people use are

- faith
- heaven
- religion
- spiritual.

Your faith may help you

- feel good about yourself
- meet people who think like you
- be part of a community
- make friends.



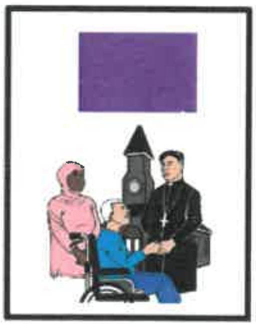
Some people go to church.

There are different churches in Australia. Like

- Christian
- Muslim
- Jewish.

You can go to church too.

You can meet other people from your church.



Write it in your NDIS plan. Like

You want help to

- go to church
- meet other people from your church.

Cerebral Palsy
ALLIANCE

A special person

1. Meet a special person

2. Meet a person online

3. Sex

4. You agree to have sex

Cerebral Palsy ALLIANCE

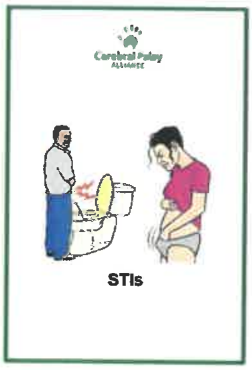
Safe sex

5. Safe sex

Cerebral Palsy ALLIANCE

Sex and your health

6. Sex and your health



Cerebral Palsy ALLIANCE

STIs

7. STIs

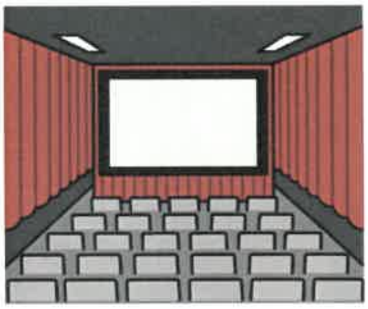
Cerebral Palsy
ALLIANCE

Meet a special person

Lots of adults think about

- a special friend
- partner
- sex.

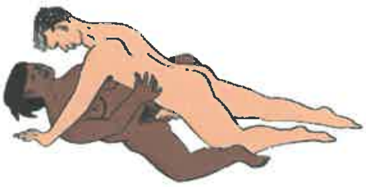
That is OK.



You can go on dates. Like you go to the movies.

You can touch the other person.

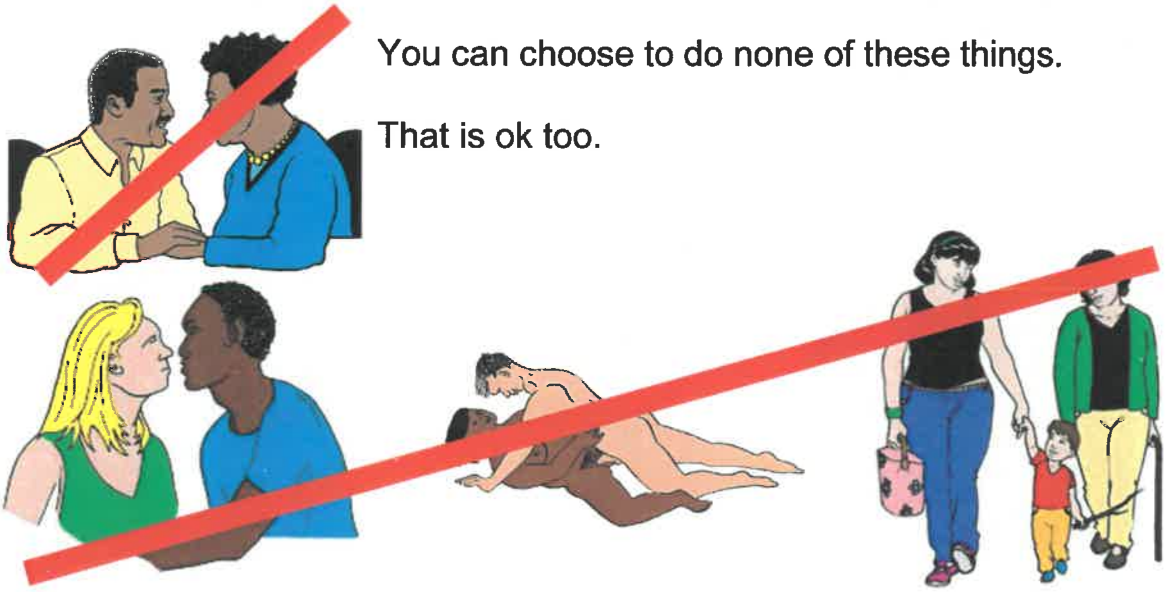
Like you kiss them.



You may have sex.

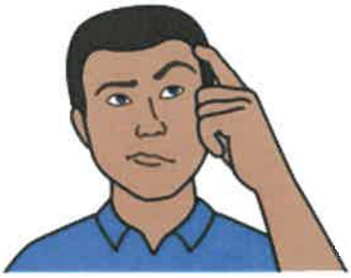
You can be together. You can

- live together
- marry.



You can choose to do none of these things.

That is ok too.



Problems

It can be hard for you to meet people. Like

- it is hard for you to go out
- you need staff when you go out.

It may be hard to

- talk with new people
- find a person who understands cerebral palsy

It can be hard to join in some things.

It is hard to start. You may feel

- worried
- not sure.

You may ask yourself

- do they like me
- do they like me a lot?

How do you know a person likes you?

All people do feel like this.

What can help?

You meet with people you know. Like

- friends
- people from work.

You go out

- for a meal
- to a party.

Your friends bring other people. Like

- friends
- family
- neighbours
- people from their work.

You may meet a new person.

You may like them. They may like you.

You can use the internet.

Like Facebook.

You talk to more friends.

You can meet new people online.

They want to meet new people too.

It is called internet dating.

Cerebral Palsy ALLIANCE

Meet a person online

Read **Meet a person online**.

Talk to people you trust about

- what you want to do
- what you need.

You can talk to a

- therapist. It is a psychologist
- a counsellor.

Write it in your NDIS plan.

Cerebral Palsy
ALLIANCE

Meet a person online

You can meet new people.

You can meet

- on a website

  or

- an app.

Some apps are

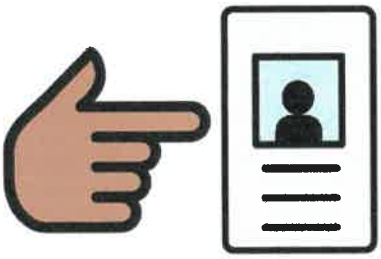
- Zoosk
- Tinder
- Disabled Mate Australia
- Disabled Dating club.

You talk to different people.

You choose who to meet.

You do **not** need to meet each person.

To start



You write about yourself.

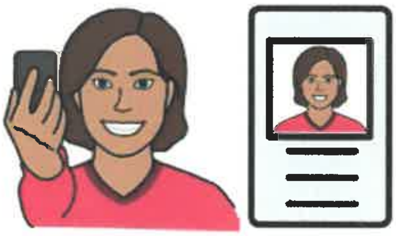
It is called a profile.

It tells other people things you like. It may be

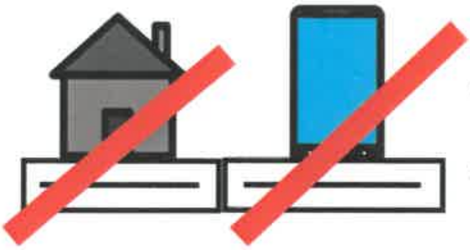
- what you do

- what music you like.

You write about the person you want to meet.



You can put up a photo of you.



Do **not** write your private information. Like

- do **not** write where you live
- do **not** write your phone number.

Do **not** write your bank information.

You want to meet a person in real life.

The first time you meet.

Meet in a public place.

There are other people near you. Like at

- a coffee shop

- a park. It must be when other people are there.

Tell a person you know

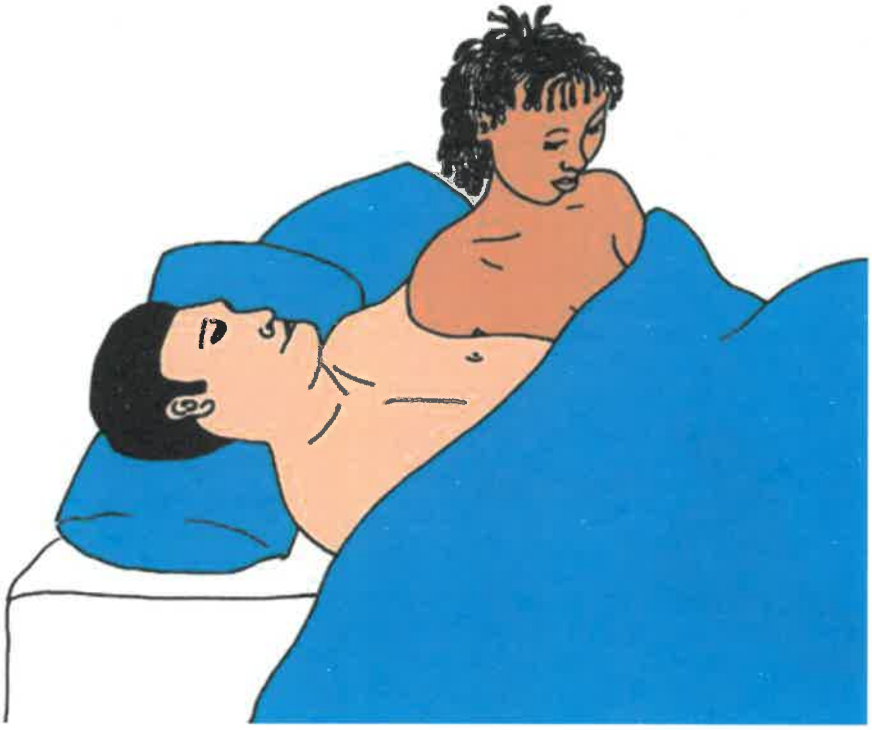
- who you will meet
- where you plan to meet.

You can get help. Ask a person you trust.

They can help you

- choose a website
- write about you
- help you be safe.

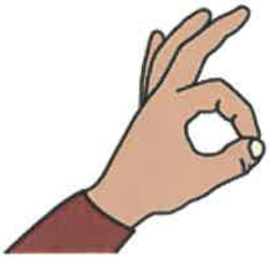
Cerebral Palsy
ALLIANCE



Sex

How you feel

Lots of adults think about sex.



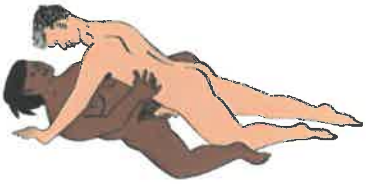
That is OK.

There are different things to

- learn
- know.

You feel like you want to

- touch the other person
- touch their private places.



You feel like you want to

- sleep with them
- have sex with them.

Or

You may want to only

- hold hands
- kiss
- hug.

You can feel like this for different people. Like

- you are a woman
- you like men

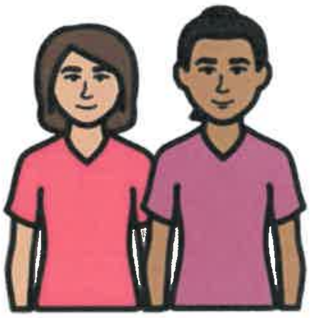
or

- you are a man
- you like women.

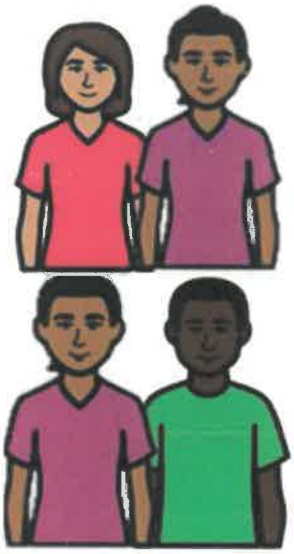
You like people the same as you. Like

- you are a man
- you like other men

or



- you are a woman
- you like other women.



You may like people the same as you.

And

People who are different to you.

You like both

- men

  and

- women.

You may **not** know how you feel.

That is OK.

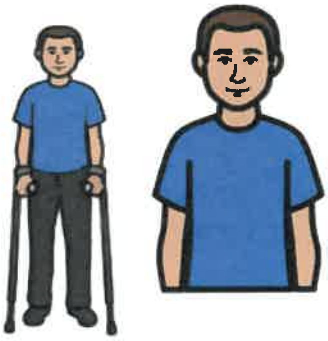
You may think about how you see yourself.

It is how you see you.

You may think you are

a woman

or



- a man.

You may think you are

- **not** a woman

and

- **not** a man.

Problems

It can be hard for you to have sex with a new person.

It may be your muscle tone.

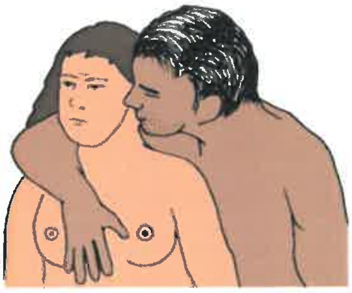
Like it is hard to move.

It may be the way you speak.

Like you use a different way to talk.

It may be how you breathe.

Like it is hard to breathe when you lay down.



It may be you do **not** feel safe.

Like the person does **not** listen to you.

Your pills can make it hard to have sex. Like you

- can **not** get an erection.
- can **not** have an orgasm.

What can help?

Talk to a person you trust.

Talk to your

- doctor
- chemist.

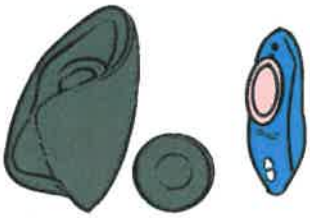
Some things you can do

- a class about sex
- a class about how to meet people.

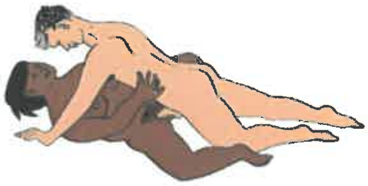
Some other things you can learn

- to know your private parts

and



- what is a sex toy
- how to use a sex toy.



You may want to have sex.

But

You do **not** have a partner.

You can use a sex worker.

Some sex workers work only with people with disability. They know how

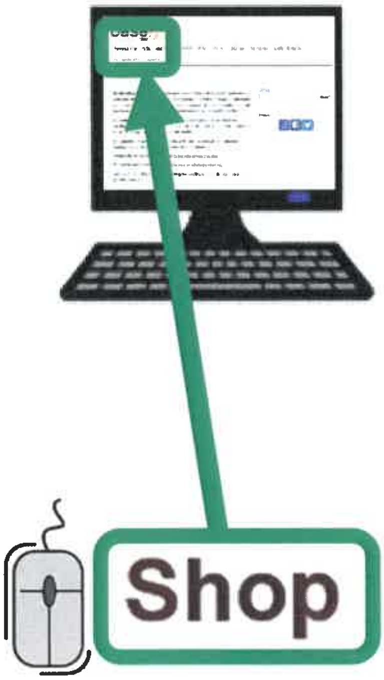
- to make you ok
- talk with you.

Touching Base

It is a service in NSW.

You can read more about sex workers

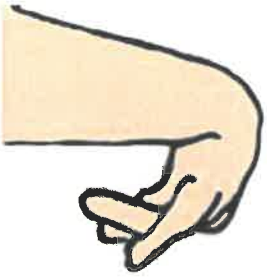
on their website.



Website www.touchingbase.org

Look on the right hand side.

Click on **Shop**.



You may want to use sex toys.

But

It is hard for you to use your hands.

There are sex toys made in a different way.

You can use them yourself.

You can use them with your partner.

Cerebral Palsy
ALLIANCE

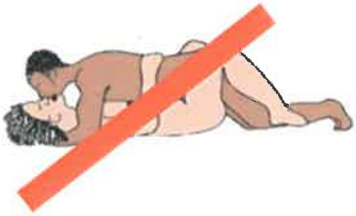
You agree to have sex

You have the right to sex. It is when

- you are ready
- your partner is ready.

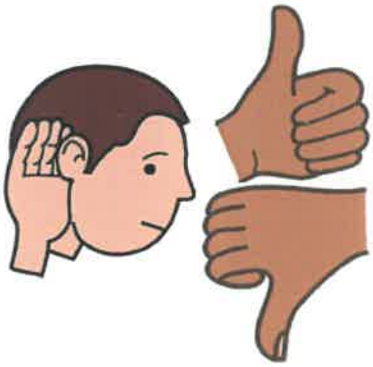
You have the right to sex in a way that

- makes you feel happy
- makes you feel good
- is safe.



You do **not** have to have sex.

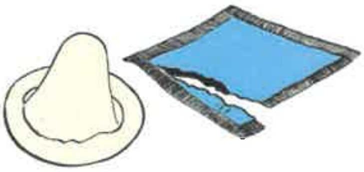
What can help?



Respect

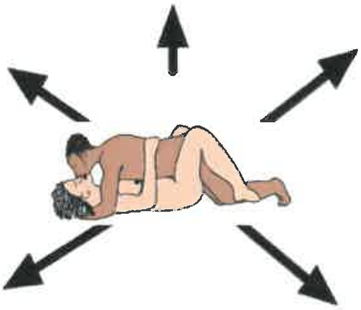
Does the other person listen to you about

- the sex you like
- the sex you do **not** like
- when you do not want sex.



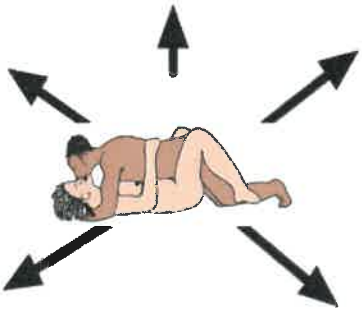
Do they know about safe sex.?

Like will they use a condom.



You choose

You have choices about sex.



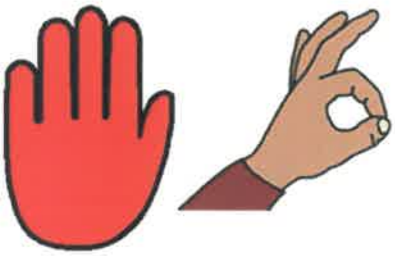
Some things you can choose are

- who you have sex with
- how you have sex
- where you have sex
- when you have sex.

You can say **no** to sex.

You start to have sex.

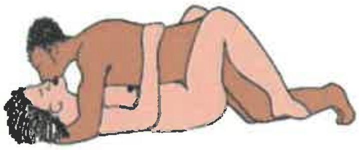
Like you take your clothes off.



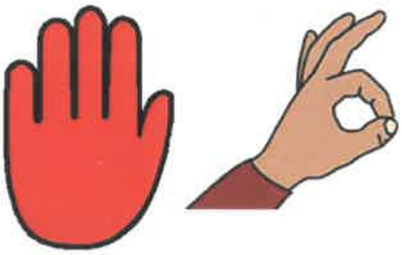
You change your mind.

You can say **no.**

That is OK.



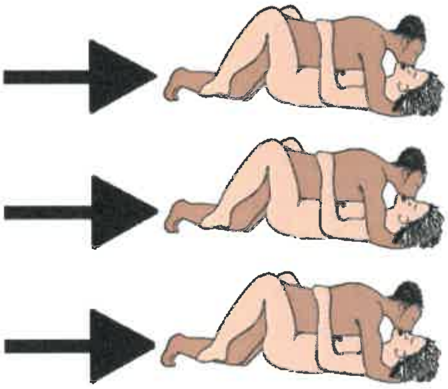
You had sex with a person before.



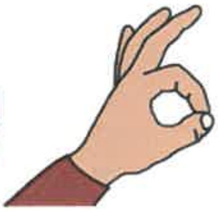
You do **not** want sex with them again.

You can say **no.** That is OK.

You have a partner.



They want to have sex each time you meet.



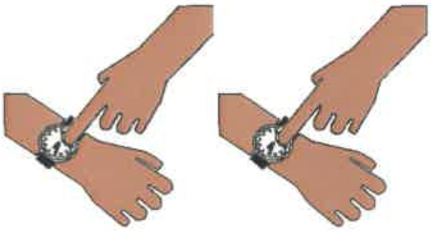
You can say **no**.

That is OK.

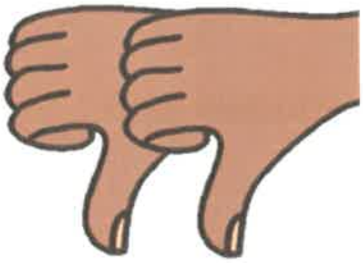
Each time you want sex.

You must ask Do you want to have sex?

Your partner has to agree.



Ask your partner each time.

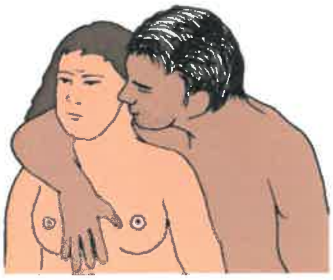


Some bad things

Some things that are **bad.** The other person

- yells at you
- calls you bad names.

Or



The other person tells you to have sex.

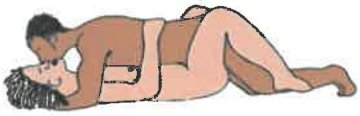
You have **no** choice.

This is very bad.

More **bad** things.

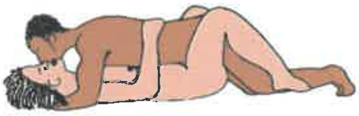
You want to kiss only.

But



They make you have sex.

Or



You must have sex.

Then

The other person will help you.

Like drive you to the shops

Or

They make you do sex things.

You do **not** want to.

You did **not** agree to this.

You need help

1800RESPECT
NATIONAL SEXUAL ASSAULT, DOMESTIC
FAMILY VIOLENCE COUNSELLING SERVICE

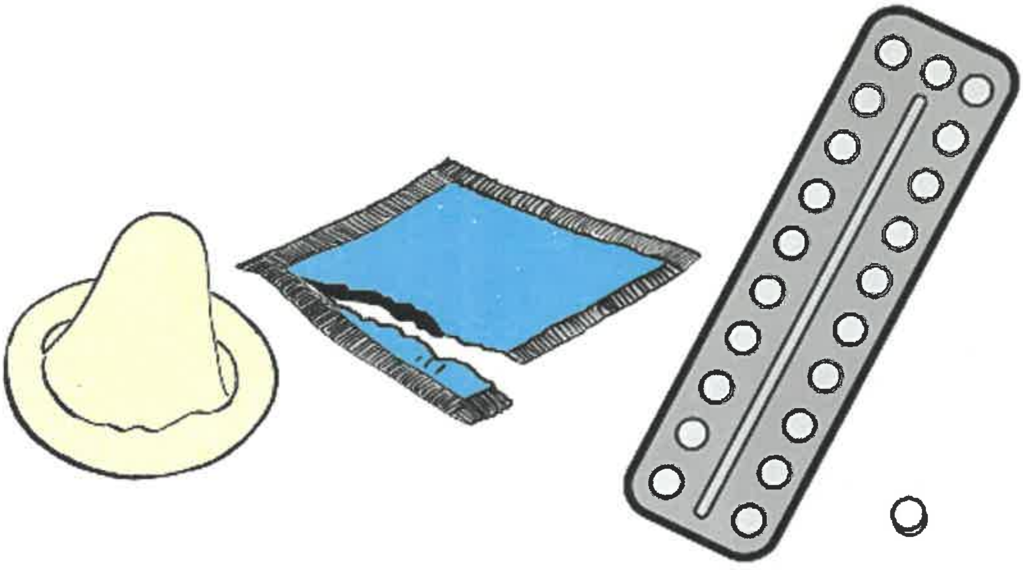
1800 RESPECT

Respect are open

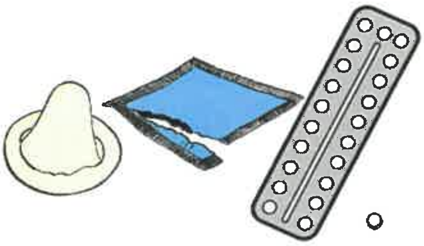
- all day and night
- all year.

Call 1800 737 732.

Cerebral Palsy
ALLIANCE

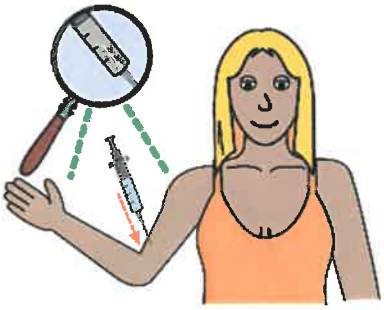


Safe sex



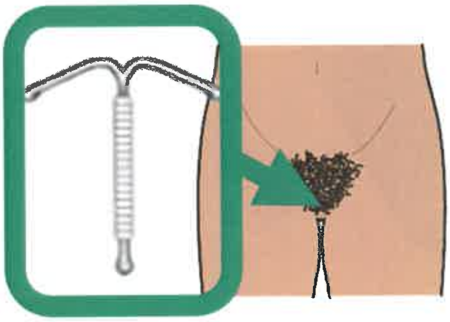
You can have safe sex. You may

- wear a condom when you have sex
- take a pill.



You may get

- a needle under the skin. It goes in your arm

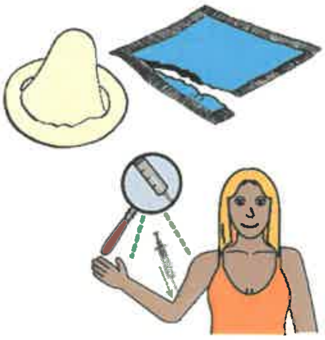


- an IUD.

  A doctor puts it in your vagina.

It is so you do **not** get

- pregnant
- sick. Like an STI.



Different ways to have safe sex

- work in different ways
- help for different things.

They work for different time.

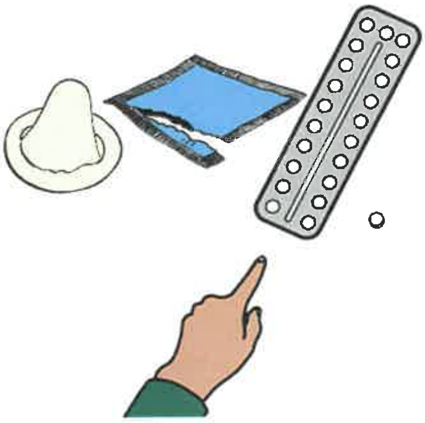
Talk to your doctor.

They can tell you about your choices.

Talk to your sex partner.

Talk about different ways to have safe sex.

But



You make the choice. It is your body.

Cerebral Palsy
ALLIANCE

Sex and your health

You have sex

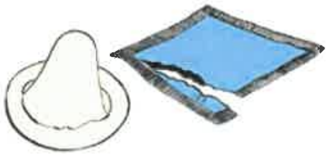
Or

You want have sex.

There are lots of things to think about.

Like

- your period



- safe sex.

When you have sex you can

- get pregnant

- get sick. We call it an STI.

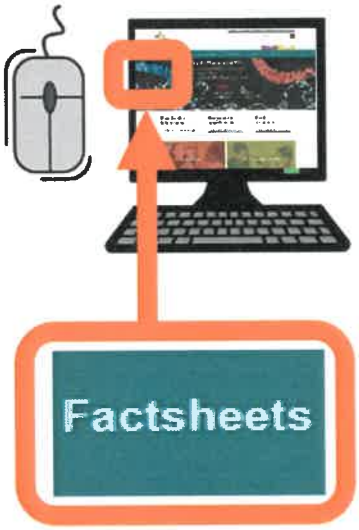
Talk to your doctor.

Or

Go to **Family Planning NSW**

Website www.fpnsw.org.au

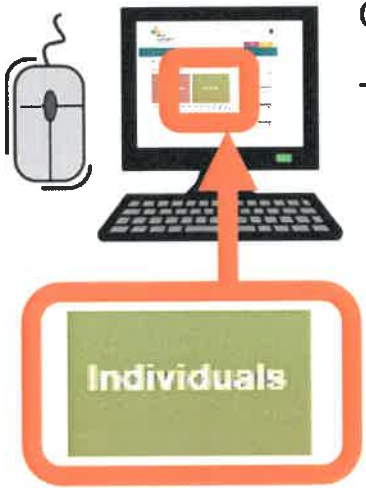
Click on **factsheets**



Then

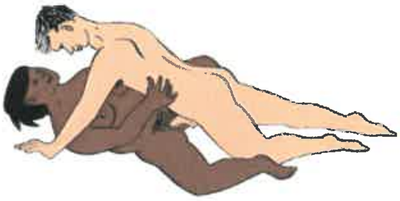
Click on **Individuals.**

There are lots of fact sheets about sex.



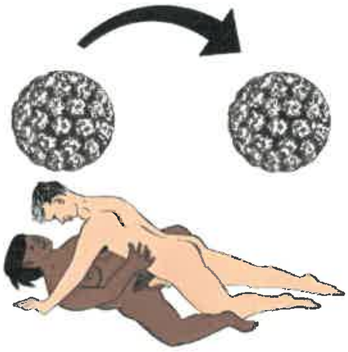
Cerebral Palsy
ALLIANCE

STIs



You want to have sex.

You have had sex.



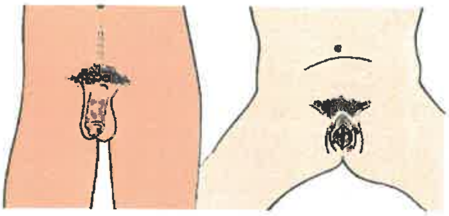
It is important to know about STIs.

You can get them from sex.

STIs can make you

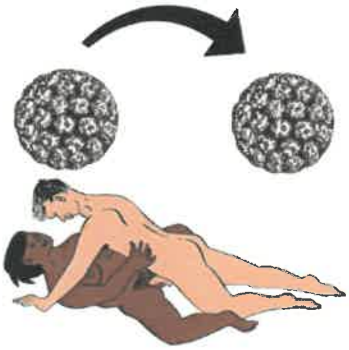
- sick
- sore when you wee.

You may **not** know you have an STI.



Some names of STIs are

- herpes
- gonorrhoea
- HPV.



Your partner has an STI.

You have sex with them.

Or

You share a sex toy with them.

You may get the STI too.

The best way to stay safe is use

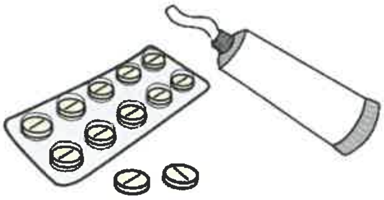
- a condom
- water based gel.

Talk to your chemist.

You think you may have an STI.

Talk to your doctor.

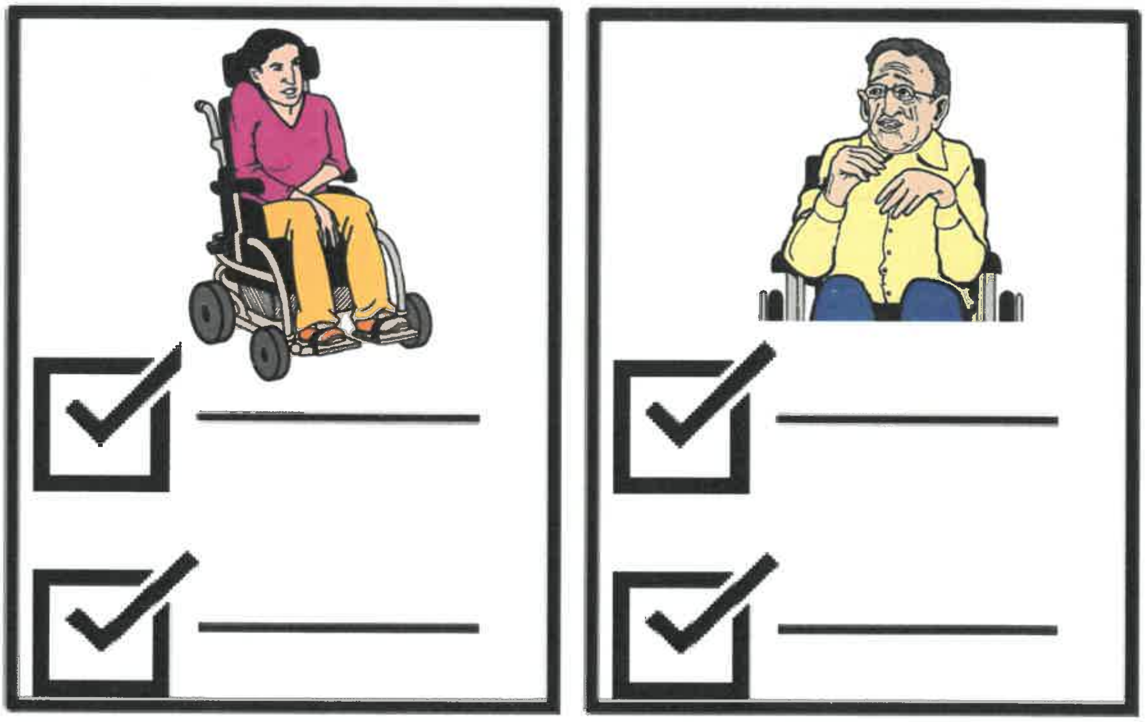
You need to have a STI test.



They may give you

- pills
- cream.

Cerebral Palsy
ALLIANCE



Stay well.

Things you need to know


Cerebral Palsy Alliance

Find a doctor

1. Find a doctor


Cerebral Palsy Alliance

Your health staff

2. Your health staff


Cerebral Palsy Alliance

You grow up.

Your health services change

3. You grow up. Your health services change

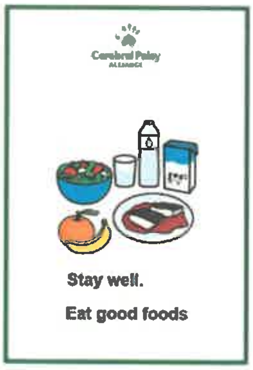

Cerebral Palsy Alliance

You get older.

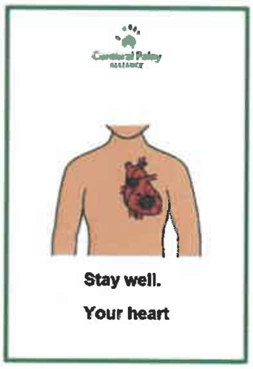
Your health needs change

4. You are older. Your health needs change

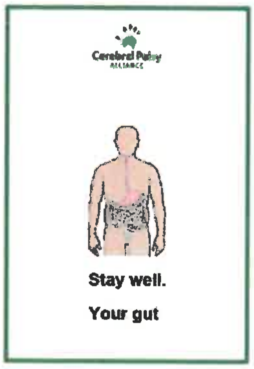
5. You go to hospital



6. Stay well. Eat good food



7. Stay well. Your heart

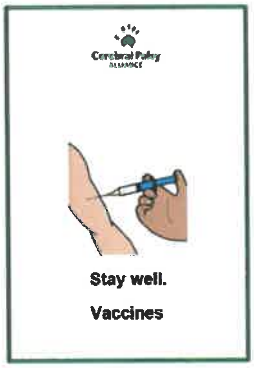


8. Stay well. Your gut


Cerebral Palsy
ALLIANCE

Stay well.
Your skin

9. Stay well. Your skin


Cerebral Palsy
ALLIANCE

Stay well.
Vaccines

10.Stay well vaccines


Cerebral Palsy
ALLIANCE

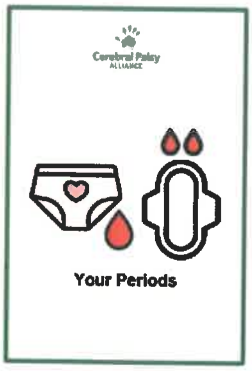
Stay well for men

11.Stay well for men


Cerebral Palsy
ALLIANCE

Stay well for women

12. Stay well for women



13.Your period

14. You want to get pregnant

14.Your period stops

Cerebral Palsy
ALLIANCE

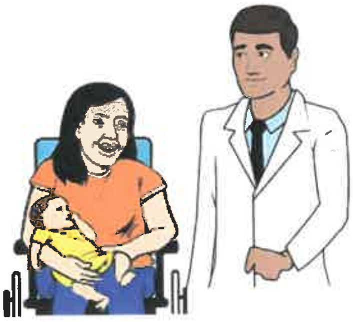
Find a doctor

You need a doctor you trust.

You want a doctor who knows about

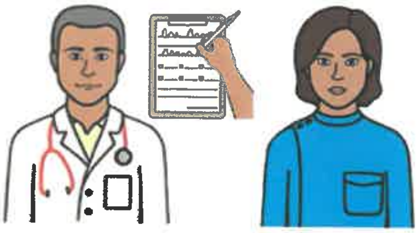
- your disability

- your needs.



You need a doctor that can look for

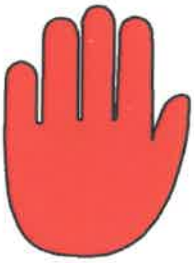
- health services when you need them
- help when you need it.



Your doctor may need to

- talk to other services.
- tell the new service about you.

You need to agree to this.



You can say no. That is OK.

But

It can help you.

You do **not** need to tell your story all the time.

What can help?

Get ready to see your doctor.

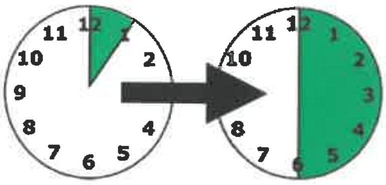
You can write down your questions.

Take new reports from other people you see.

Like your O.T.

You can take a person you trust. Like

- a carer
- your parent
- a friend.



You need more time with your doctor.

Ask for a long meeting.

Do this when you book in.

You know the doctor needs to check you.

You need more time to

- take your shirt off
- move in your chair.

It may be you need more time to understand

or

It may be you do **not** use speech.

You need more time to say what you want.

Cerebral Palsy
ALLIANCE

Your health staff

You see staff to help you.

We call them your **health staff**.

There are lots of different health staff.

Like you may see a

- physio. They are also called a physiotherapist
- OT. They are also called an occupational therapist
- EP. They are also called an exercise physiologist.

You may see a

- speechie. They are also called a speech pathologist.

Other health staff may be your

- doctor. This may be your
  - GP
  - specialist

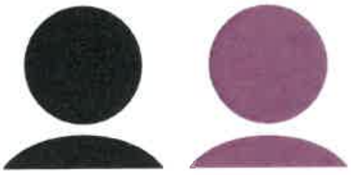
- nurse.

They all do different things to support you.

They are a part of your health team.

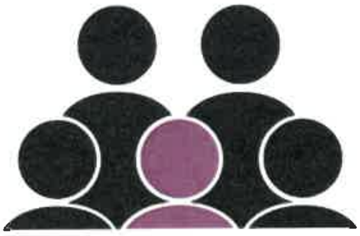
Your family may work with your health team.

It helps them know how to support you.



You may see your health team by yourself.

Or



You may see them in a group.

It will be what is right for you.

Your health team may see you

- at home
- in an office.

They may also see you

- where you learn

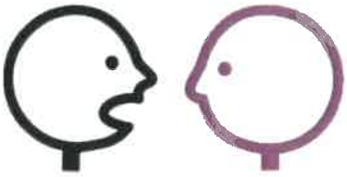
- at work
- other places you go.

Health staff give you information.

It helps you make choices.

You may have a meeting with health staff

- online
- on the phone.

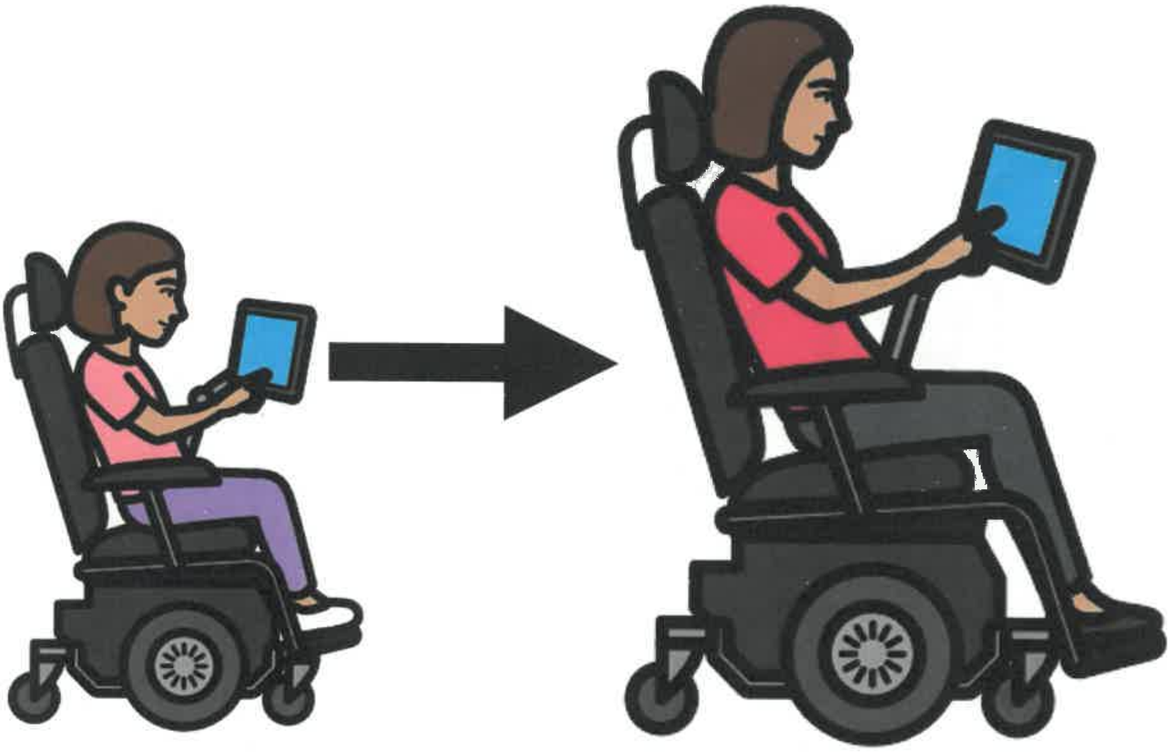


Talk to your health team about what you need.

It may be different to other people.

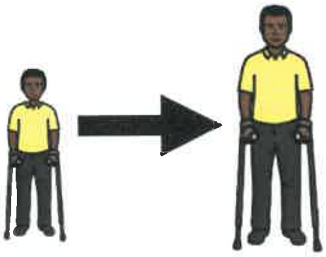
That is OK.

Cerebral Palsy
ALLIANCE



You grow up.

Your health services change



You are 18 years old. You are an adult now.

Some of your health services change.

You need new health services.

They are for adults. Like

- you do **not** go to the Childrens Hospital now
- you go to a hospital for adults.

Your cerebral palsy doctors will change.

They worked with

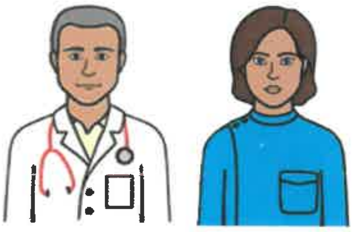
- children
- young people.

Your new doctor will know about things for adults.

Some health services will stay the same.

They can work with you when you are

- a child
- an adult.



You may have the same

- doctor
- community health service.

  Like one of your therapists.

Change can be scary. You may feel

- worried
- not sure.

You are an adult.

You get more say about your health services.

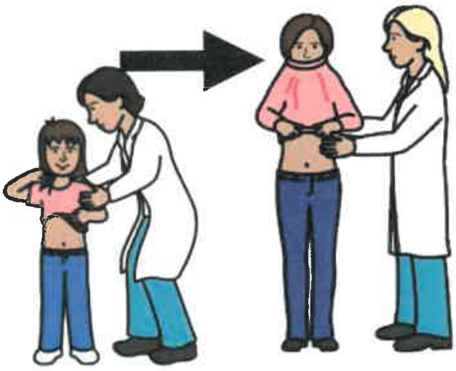
You do **not** need a parent with you.

You can choose who goes with you.

You can choose

- your health service
- the health services you want
- the staff you see
- who you go with.

What can help?



Your old health services tell you what

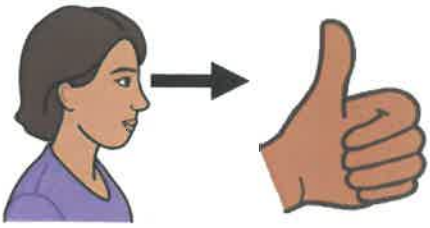
- you may still need
- you can get
- may be good to do.

The staff help you go from

- children services

to

- adult services.



They help you look for the right services for you.

It helps when you have your say about

- your health
- your health services.

You talk to people you trust.

You tell people what you want.

Old services can write a letter.

It is to the new service. It says what help

- you had
- what you want to do now.

The letter is called a referral.

You need to say yes to share your information.

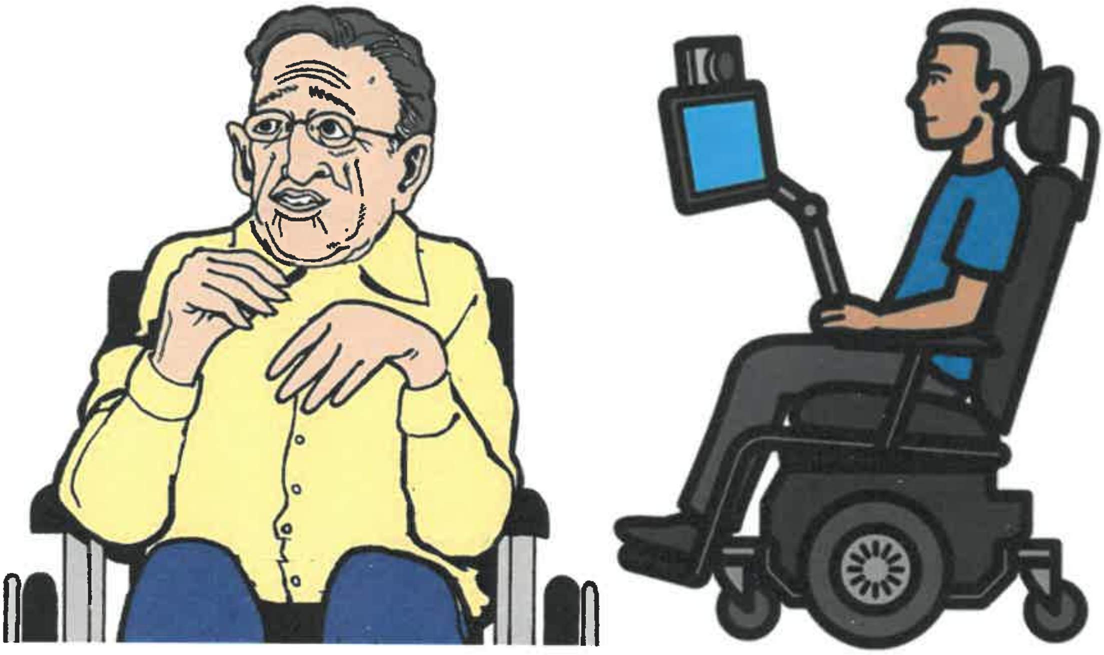
You do **not** need to agree to share

your information. You can say no.

That is OK. Your new service will ask you

about your health.

Cerebral Palsy
ALLIANCE



You get older.

Your health needs change

You are

- 50 years old
- more than 50 years old.

You may be young. Like 30 years old.

There may be changes to

- your body. Like it is hard to stand now
- what you can do. Like how you drink.

Some of your health needs may change.

You may need

- more health services
- different health services
- more health checks.

Like you get diabetes.

You need to change what you eat.

You can talk to a dietician.

They give you ideas on what you can eat.

They help you choose foods

- you like
- you can eat in a safe way.

You may need a different way to move.

Like it is hard to walk now. You need more help.

You can talk to a physio.

They help you find the best way to move.

You may find it hard to do things now.

Like you can **not** sit up in bed.

You can talk to an OT.

They can help you find a way to sit up.

Like you can use a bar.

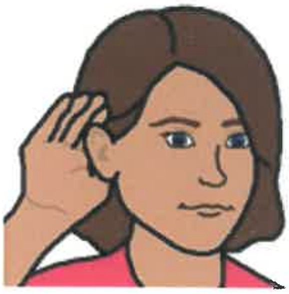
You have epilepsy. You may have more fits.

Talk to your epilepsy doctor.

You can change your epilepsy plan.

Studies asked about your health services.

They asked what is important to you.



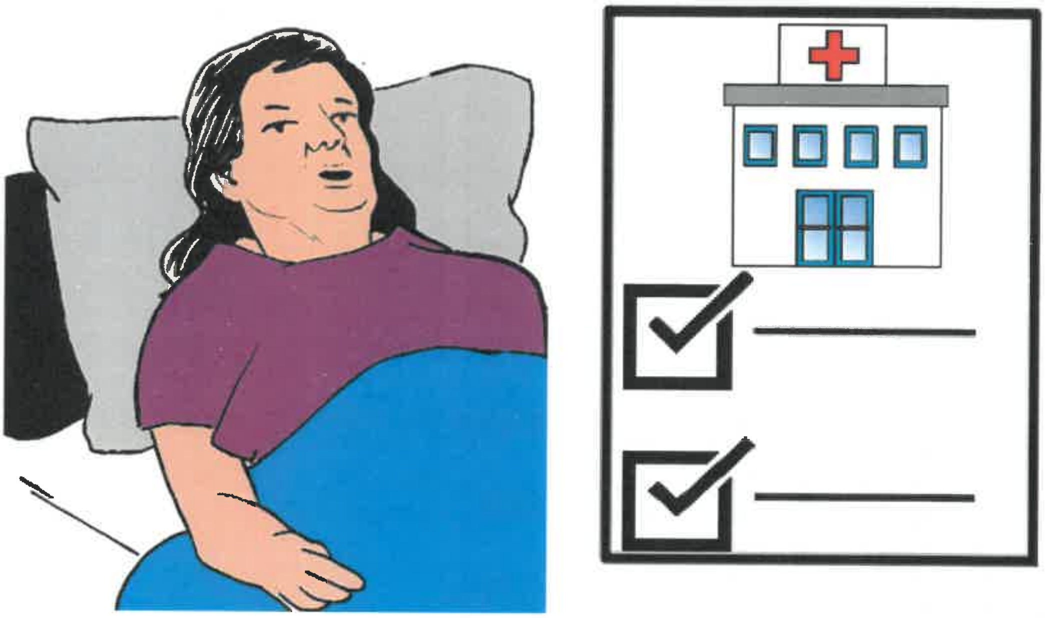
You said health services must

- listen to people with cerebral palsy
- learn about cerebral palsy as we get old
- respect what you know about you
- respect what you have tried before.

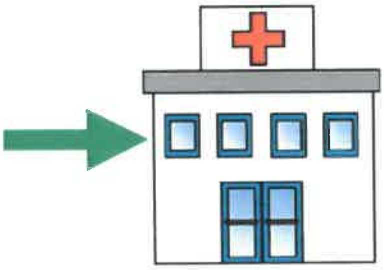
A good health service will

- work with you
- think about what you want to do now
- help you make your own choices.

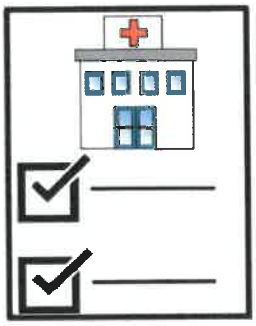
Cerebral Palsy
ALLIANCE



You go to hospital



You need to go to hospital.



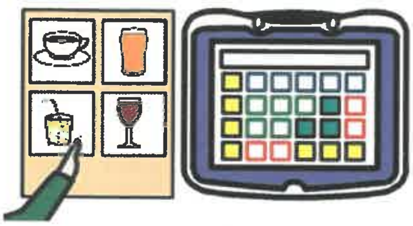
Make a list of the things you use.

You may need to take them with you.

It may be things you need to move about. Like

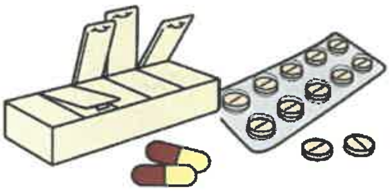
- wheel chair
- walking sticks

- your sling.



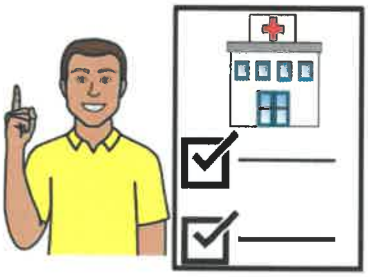
Write down how you talk. It may be your

- picture board
- alphabet board
- communication device.

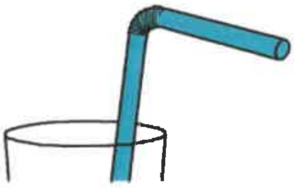


Write a list of

- the pills you take each day
- any creams you use each day.



Ask the hospital what to bring.

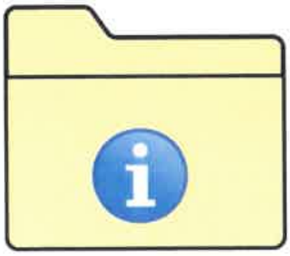


The hospital needs to know about your meals.

Like

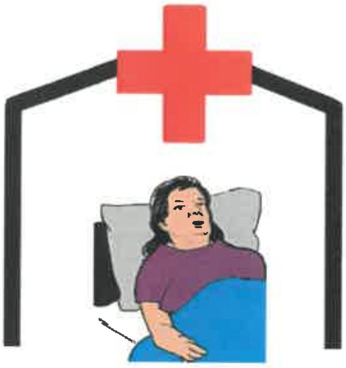
- you need a soft diet
- you need straws to drink.

Ask can a person you trust stay with you.



Take your health information. Like

- list of allergies
- your pills
- your epilepsy plan.



You are in hospital

Write down what help you need.

Like you need the buzzer near your hand.

Put the list where people can see it.

Like on top of the drawers.

It can help each person read it.

Write down

- how you move around
- how to be safe in your chair.

Write down

- how you eat your food

- how you talk.

Write down

- who they can call to help you. Like your
    - carer
    - family.

Hospital staff may **not** help you in the right way.

Like you do **not** have help to eat.

You do **not** feel safe.

Talk to

- your doctor
- your nurse.

Or

Talk to

- your carer
- your family.

Cerebral Palsy
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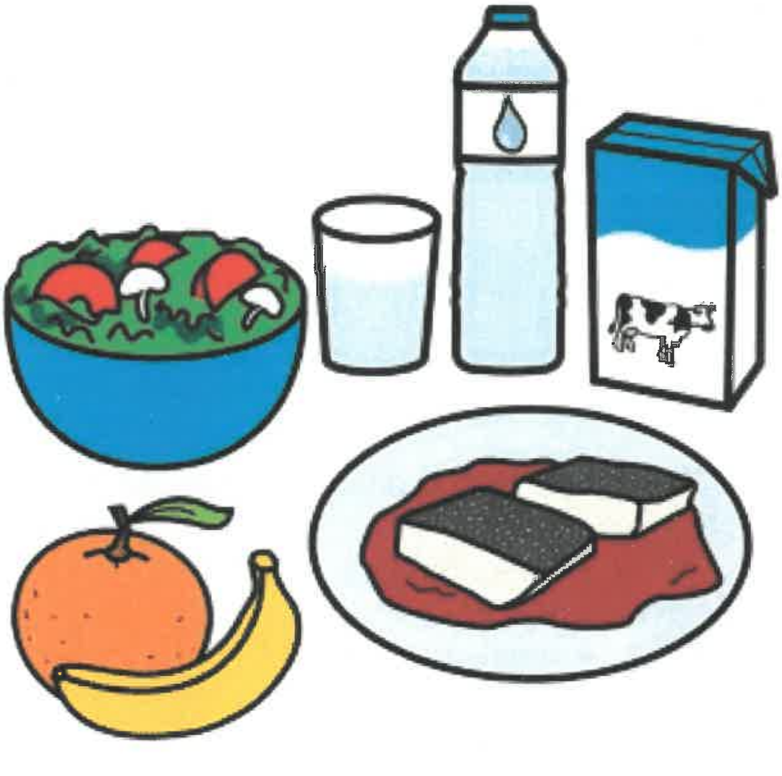


Stay well.

Eat good foods

There are things you can do to stay well.

We all need to do these things.

It helps you

- feel good
- stay well.

You can do different things. Like

- go to the gym
- meet your friends
- go for a swim.

See your doctor at least 1 time a year.

Eat good foods

Your body needs different foods. Like

- meat
- pasta
- fruit
- things with milk in them.

You may have problems with

- how you chew
- your swallow.

It can hard for your body to get the good parts of your food. Like

- water
- fibre.

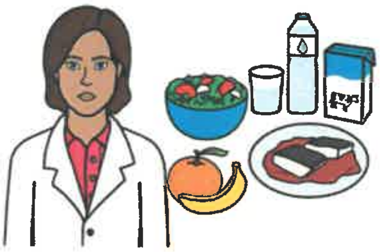
It can make your tummy very sore.

You may

- feel very tired
- need to sleep more.

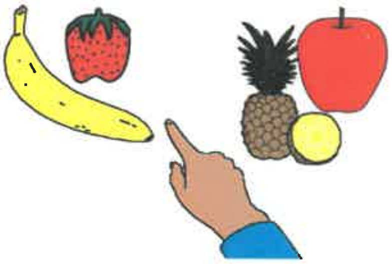
You may have a hard time doing poo.

What can help?

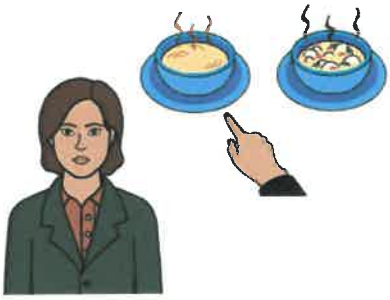


Talk to your health staff about your food.

They are called a dietician.



They help you choose the right foods for you.



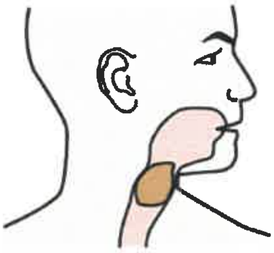
Talk to a speechie.

They can help you know more about

- your swallow
- safe foods for you.

They look at how you

- use your teeth
- use your tongue
- use your cheeks
- move food in your mouth
- chew different foods.



They look at how you swallow.

They ask you what makes you feel safe.

They can help you with

- food
- drink.

Your speechie can help you with

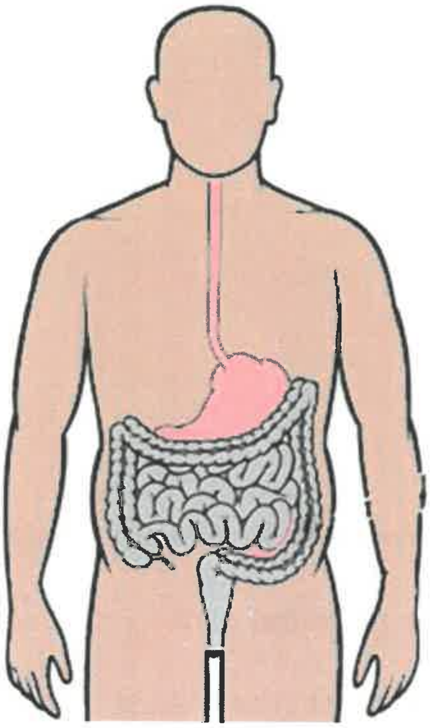
- the pills you take. Like

  can you swallow your pill in a safe way?

  or

- do you need it as a drink?

Cerebral Palsy
ALLIANCE



Stay well.

Your gut

There are things you can do to stay well.

We all need to do these things.

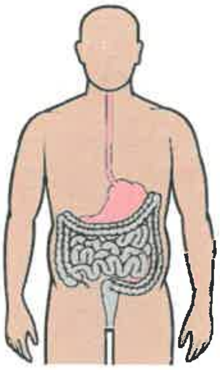
It helps you

- feel good
- stay well.

You can do different things. Like

- go to the gym
- meet your friends
- go for a swim.

See your doctor at least 1 time a year.



Your gut

Your gut is from

- your stomach

  to

- near your poo hole.

Doctors call it your bowel.

You may have problems with your gut.

It is all the time. It may be

- your poo will **not** come out.

  It feels like it is stuck

Or

- your poo runs out very fast.

  It feels like it is water.

You may feel very sore. It is under your tummy.

Gut problems can make it hard to do things.

Like

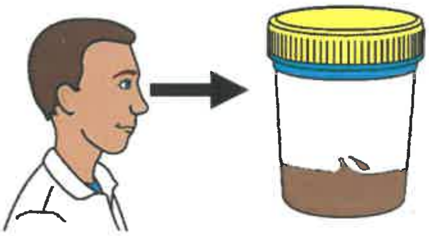
- eat
- move
- get to sleep.

What can help

Talk to

- your doctor

- your dietician.



Your doctor may want to look at your poo.

You put it in a special jar.

It is called a bowel screen.

You may need to learn

- about your body
- about different foods.

Your doctor may say do some more things. Like

- yoga
- walk
- swim

You may need some pills.

You may need an operation.

Cerebral Palsy
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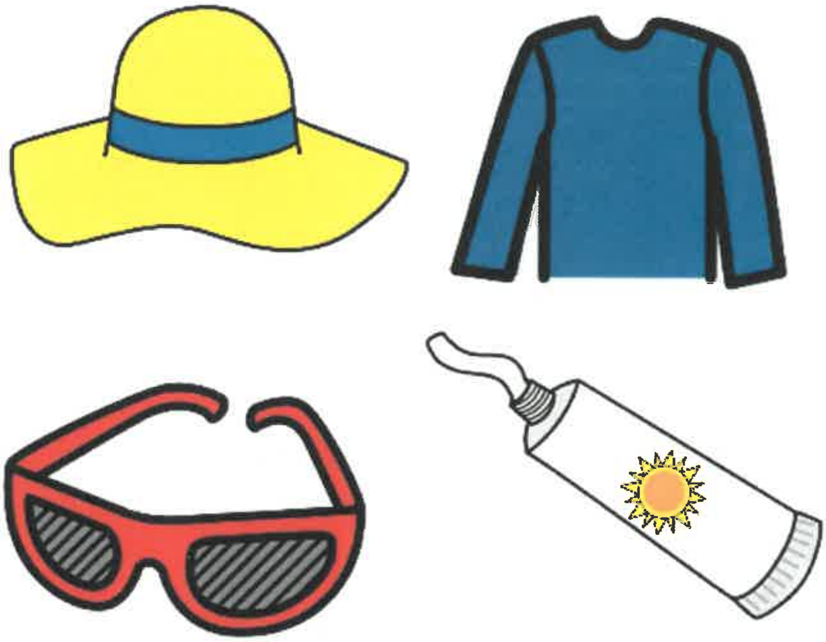


Stay well.

Your skin

There are things you can do to stay well.

We all need to do these things.

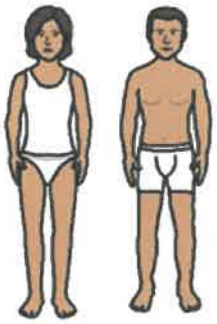
It helps you

- feel good
- stay well.

You can do different things. Like

- go to the gym
- meet your friends
- go for a swim.

See your doctor at least 1 time a year.



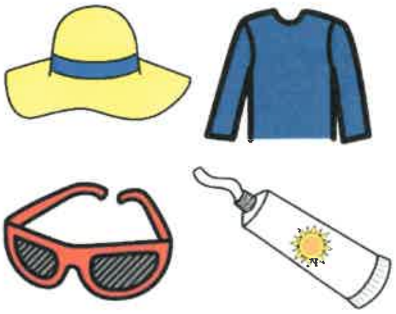
Your skin

The sun can hurt your skin.

You can get

- sun burn
- skin cancer from lots of sun burn.

What can help?

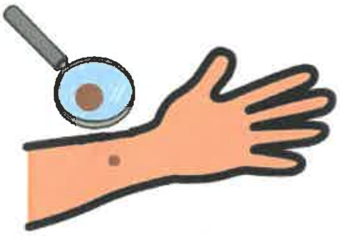


You go outside. Wear

- a hat
- sun glasses
- clothes with long sleeves
- sun screen all the time.

You can

- stay out of the sun. Like sit under a tree
- do things inside when it is very hot.

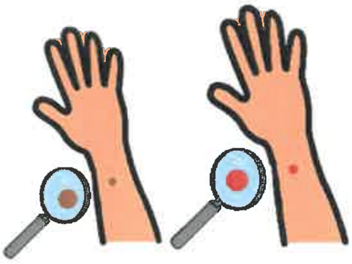


Check your skin. Ask your doctor

- when you need to check it
- what to look for.

It may be hard for you to do checks.

Ask a person to check for you.

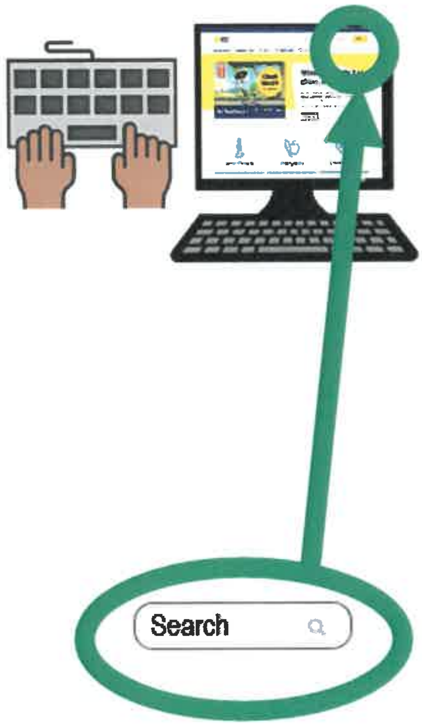


You have a

- new spot
- a spot that changes colour.

Talk to your doctor.

Cancer Council



Go to www.cancer.org.au

Type **skin check** in to the search bar.

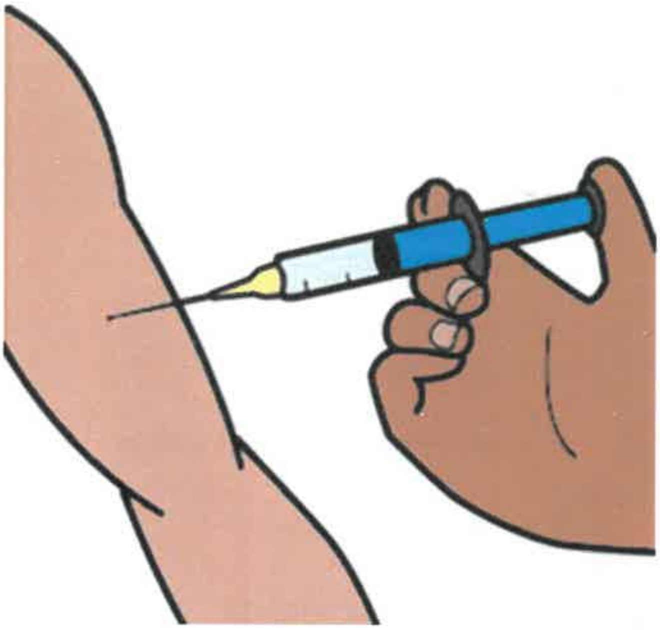
Check for signs of skin cancer

It's important to get to know your skin :

READ MORE ›

Click on **Check for signs of skin cancer.**

Cerebral Palsy
ALLIANCE



Stay well.

Vaccines

There are things you can do to stay well.

We all need to do these things.

It helps you

- feel good
- stay well.

You can do different things. Like

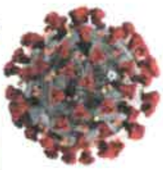
- go to the gym
- meet your friends
- go for a swim.

See your doctor at least 1 time a year.

Vaccines

There are needles to keep you well.

They are called vaccines.



Vaccines help protect you from

- the flu
- COVID 19.

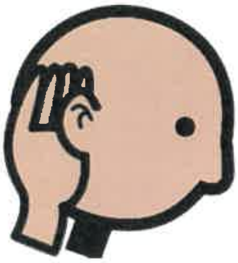
You have the vaccine **before** you get sick. Like

you have the flu vaccine 1 time a year.

What can help?

Talk to your doctor.

They will tell you what vaccines you need.



Listen to the health advice.

Cerebral Palsy
ALLIANCE

Stay well for men

Your balls

Your balls are part of your private parts.

Doctors call them your testicles.

You are a young man.

Like you are 15 to 45 years old.

Check your balls for

- lumps
- any change to their shape.

A change can mean there is a problem.

Like cancer of your balls.

Checks help you find a problem

- early
- when there are more choices.

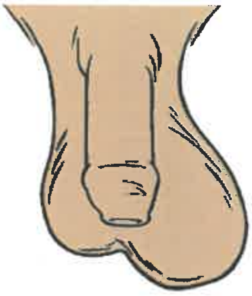
What can help?

Talk to your doctor.

It is hard for you to do checks.

Like it is hard to use your hands.

Your doctor can do the check.

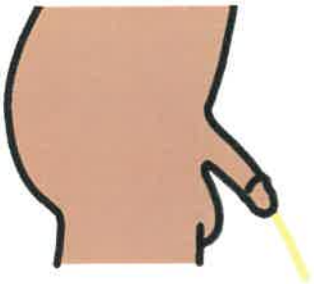


You feel a lump on a ball.

Or

You see a change.

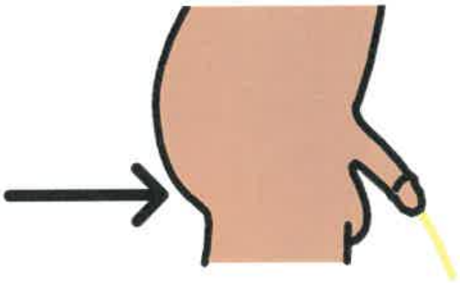
Talk to your doctor.



Your wee

You are old now. Like

- 50 years old
- more than 50 years old.



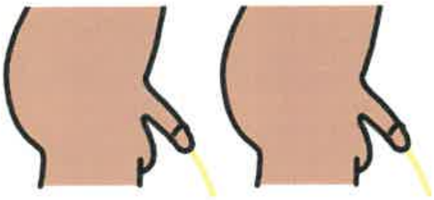
There is a high risk of 1 sort of cancer.

It is called prostate cancer.

Some men are more at risk. Like

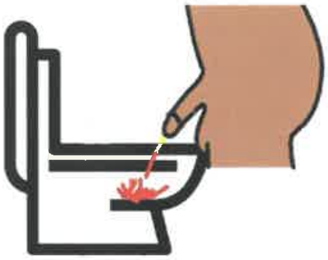
- a man in your family has it. It may be your dad
- they found out when they were less than 60 years old.

What can help?



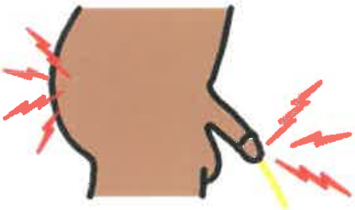
Check for any change to your wee. Like

- it is hard to wee
- it is slow
- you need to wee all the time
- you need to wee at night. It is all the time.



Other changes may be

- blood in your wee



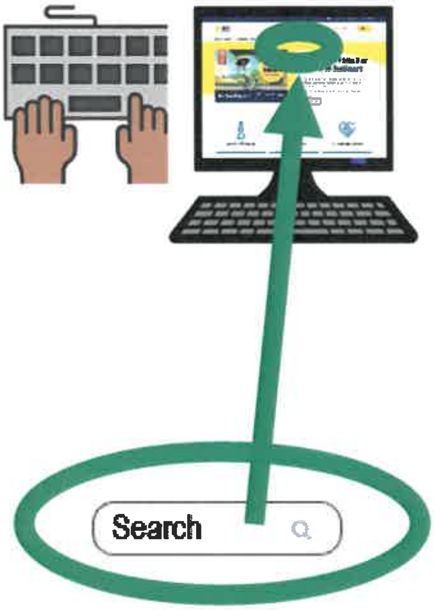
- pain when you wee
- pain in your low back area.

Talk to your doctor.

Cancer Council

Call 13 11 20

Or



Website www.cancer.org.au

Type **Get Checked** in the search bar.

Get checked – men

A cancer prevention plan for men.

Click on **Get checked - men**

Cerebral Palsy
ALLIANCE

Stay well for women

A check of your private parts

The test is for all women who

- have had sex

or

- are more than 25 years old.

The test is done by

- your doctor
- their nurse.

You need a test. It is of your inside private parts.

You need to lie on your back for the test.

It may be called a

- cervical screen
- HPV screen

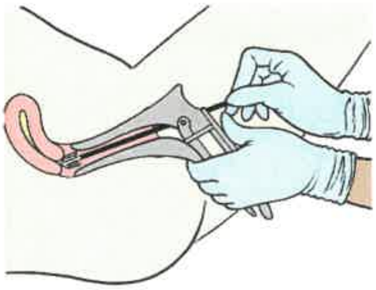
  or

- pap smear.

You agree. You are OK to do the test.

But

You can say no. That is OK.



The doctor has some special tools to do the test.

The doctor will talk to you about what they do.

You have the test every 5 years.

Checks help you find a problem

- early
- when there are more choices.

What can help

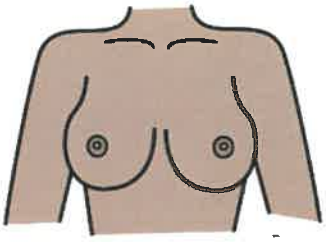
You need to have a test

But

It is hard to

- move
- talk.

Talk to your doctor.



Your breasts

It is important to check your breasts for

- lumps
- pain when you touch them
- a change to their shape
- a change in colour.

A change can mean there is a problem.

Like breast cancer.

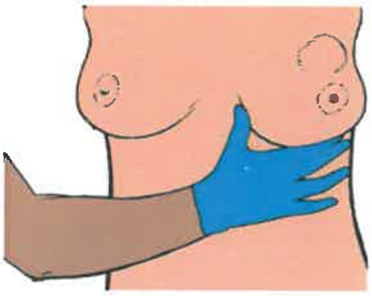
Checks help you find a problem

- early
- when there are more choices.

What can help?

It may be hard for you to do your breast check.

Like it is hard to move your hands.



Your doctor can do the check.

You feel a lump on your breast.

Or

There is a change. You worry about it.

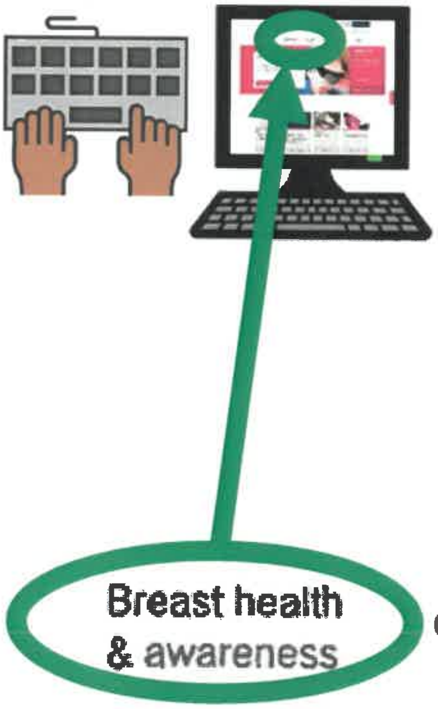
Talk to your doctor.

Breast
Cancer
Network
Australia

Breast Cancer Network Australia.

Call 1800 500 258

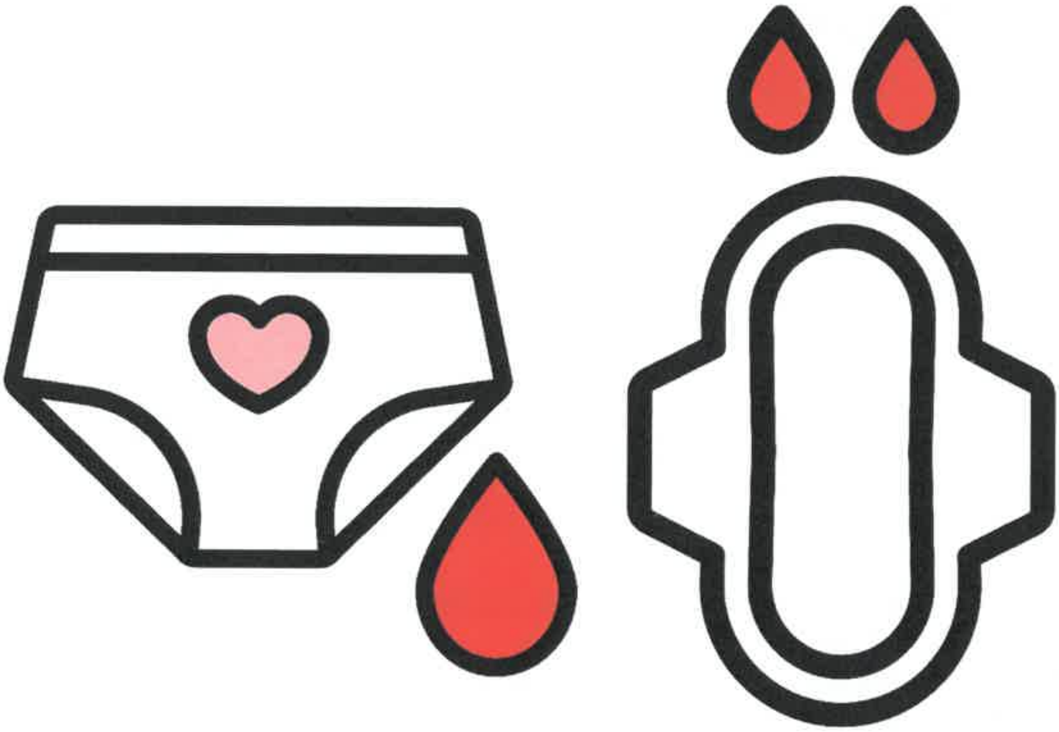
Or



Website www.bcna.org.au

Click on **Breast Health Awareness.**

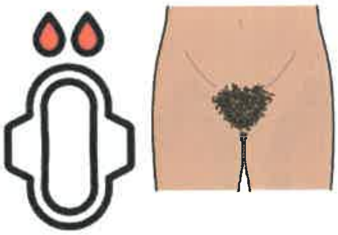
Cerebral Palsy
ALLIANCE



Your Periods

All girls start their period.

All women have periods.



A period is when a woman bleeds from

her vagina. Its long name is menstruation.

Girls start their periods as they start to grow up.

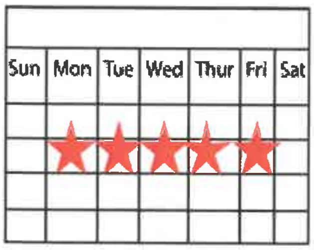
They start to grow breasts.

They get hair under their arms.

It may start when they are about 12 years old.

They may be a lot younger. Like 9 years old.

They may be older. Like 15 years old.



You get your period

- about 1 time a month
- for 4 to 7 days.

You may feel

- grumpy
- sad.

You do **not** know why.

Wear what works for you.

Like you want to wear period underwear.

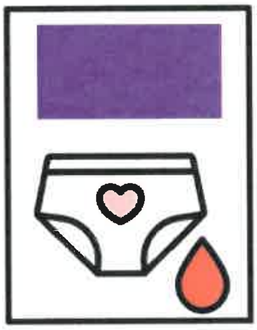
Periods can make your tummy hurt.

There are ways to help the pain. Like a pill

Talk to your

- doctor
- chemist.

You choose what is right for you.



You need help with personal care.

You need help to look after your period.

Put it in your

- NDIS plan
- care plan.

Cerebral Palsy
ALLIANCE

You want a baby

You are a woman

You get your period.

You can get pregnant.

You plan to get pregnant.

Talk to your doctor. They can help you.

Like do you need to change some of your pills.

You want to have a baby. There is a problem.

You can **not** get pregnant.

Talk to your doctor. They can tell you about different ways to have a baby.

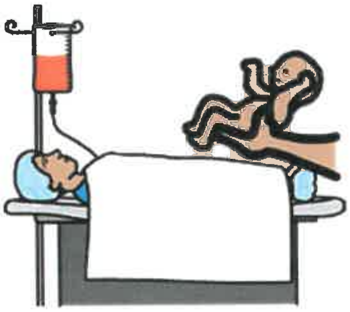
You are pregnant.

It may change how your body feels. Like your cerebral palsy makes it hard to move.

But

Now it is more.

You may get very very tired.



It can be hard to give birth.

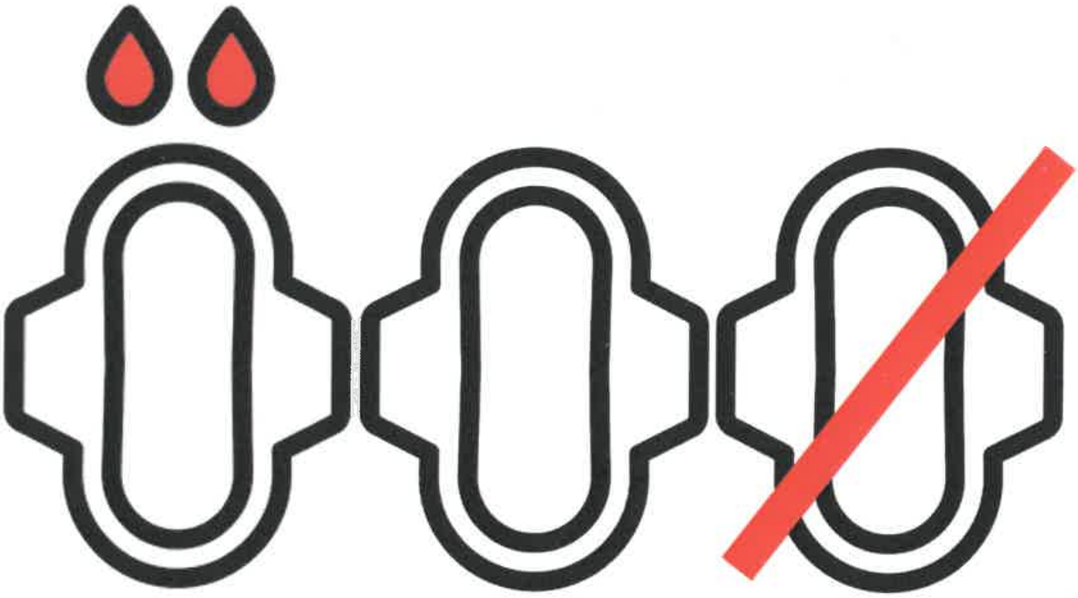
Some times women need help.

Your doctor does a surgery. Your baby comes out through a hole in your tummy.

More women with cerebral palsy need this help.

Talk to your doctor.

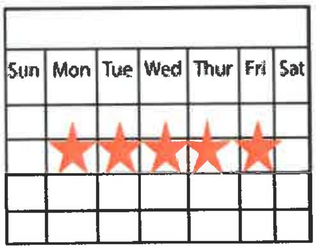
Cerebral Palsy
ALLIANCE



You get older.

Your period stops

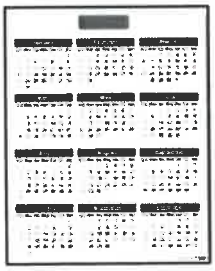
You are a woman. You get your period.



You get it

- about 1 time a month
- for 4 to 7 days.

But



You get older. Your period does stop.

You do not have it each month

You do **not** get it for more than 1 year.

It is like this for each woman.

This can happen at different ages.

But

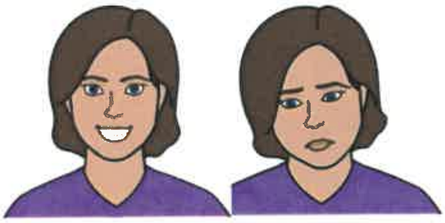
For more women it is after they are 45 years old.

You do **not** get your period any more.

You may feel different. Like you

- feel very hot
- feel tired.

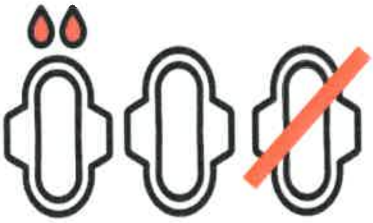
There seems to be no reason.



Your mood may change very fast. Like

- you are happy
- now you feel sad
- you may cry.

There seems to be no reason.



You can feel this way

- before your period stops
- when your period stops
- after your period stops.

This stage ends.

You can **not** get pregnant now.

What can help?

You get hot all the time.

Wear some different clothes. Like

You always wear long sleeve shirts.

Wear a short sleeve top.

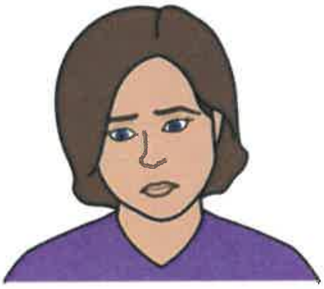
or

Wear layers of clothes. They are

- easy to take off
- easy to put back on.

Do things that make you feel good. Like

- go for a walk
- spend time with friends
- do something you like to do
- learn a new thing.



You do **not** feel good.

It feels like it is all the time.

Talk to your doctor.

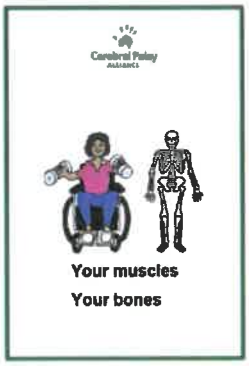
Cerebral Palsy
ALLIANCE

Live well with

cerebral palsy

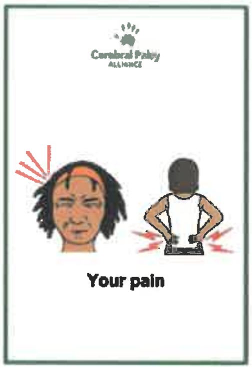
1. Move your body

2. Stay fit



3. Your muscles.

Your bones



Cerebral Palsy Alliance

Your pain

4. Your pain

Cerebral Palsy Alliance

Your sleep

5. Your sleep

Cerebral Palsy Alliance

Your hands

6. Your hands

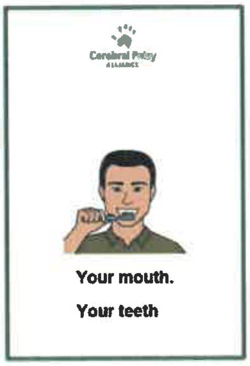
Cerebral Palsy Alliance

How you talk

7. How you talk

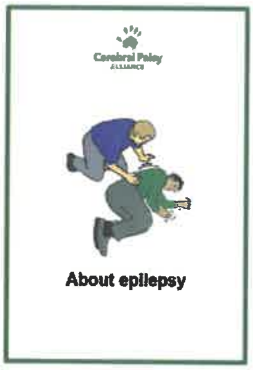
8. Your swallow

9. Your saliva



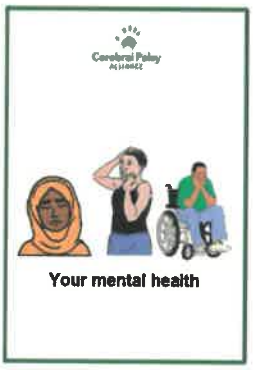
10. Your mouth

Your teeth



11. About epilepsy

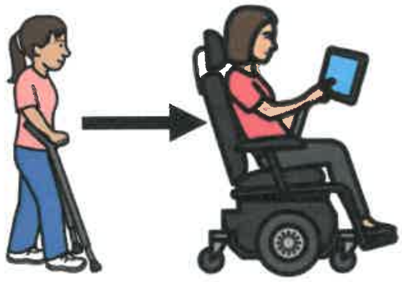
12. How you feel? What you do



13. Mental health

Cerebral Palsy
ALLIANCE

Move your body



The way you move will change.

That is OK.

You may be a young person.

But

You have problems like old people. Like you

- need more help to move. It may be you need
  - more help from staff
  - to use a wheel chair all the time.

Other things may be

- you feel more tired
- it is hard to be steady on your feet

- you are in pain.

You have cerebral palsy.

You see these changes when you are young.

Like 30 years old.

Talk to your doctor.

What can help?

Have a plan to help you move.

Work with health staff. Like your physio.

They help you with your plan.

Your plan may be to

- walk in your home
- use a wheel chair when you go out
- stay healthy
- stay the same weight.

Other things you may write in your plan.

You may need to learn different ways to move.

You will feel safe. Like

- from your wheel chair to your bed

- in your wheel chair in the car.

Things to help you move

You need to

- move
- do things you can do.

Your physio can write your program.

Or

Your exercise physiologist can write your program.

You can plan to do work

- to be strong. Like lift weights

- for the way you walk
- to stay steady on your feet

- move in water. It is called
  - hydro

    or

  - hydrotherapy.

You may be able to use a tread mill.

You may need different things

You may have crutches.

But

You get very tired when you go out.

You have a wheel chair to go out now.

You may need new splints.

They help you walk.

You may need some changes to your home.

Like

- a hoist

- shower
- new toilet set up.

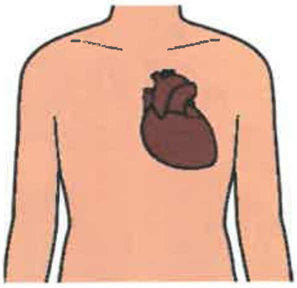
Talk to your health staff.

Cerebral Palsy
ALLIANCE

Stay fit

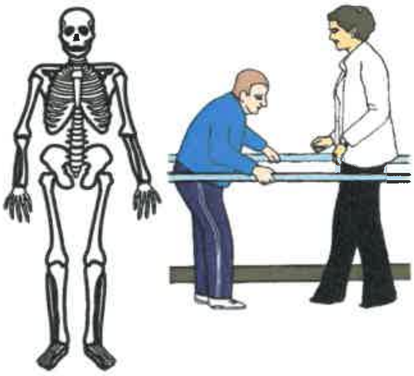
It is important to move your body. It helps you to

- stay fit
- stay well.

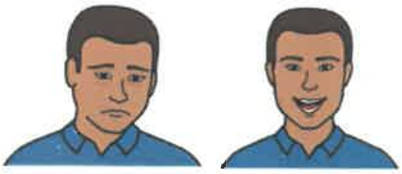


It is good to stay fit. It helps

- your heart

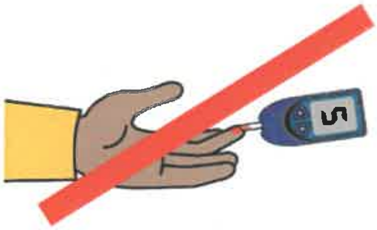


- your bones
- how you move.



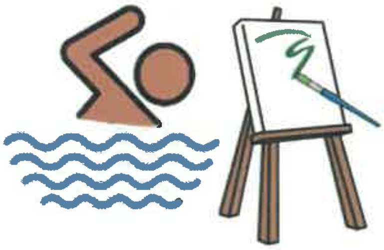
It helps with your weight.

It helps how you feel.



It can help stop different illness. Like

- cancer
- diabetes.

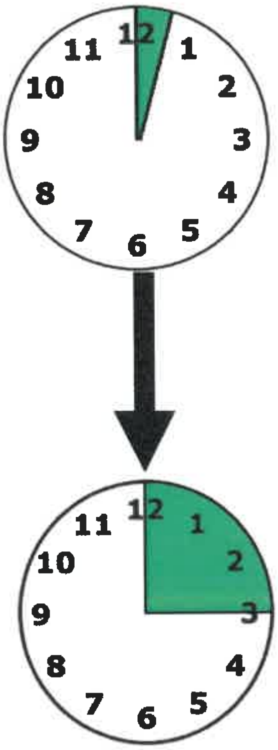


There are different things you can do.

You choose what is right for you.

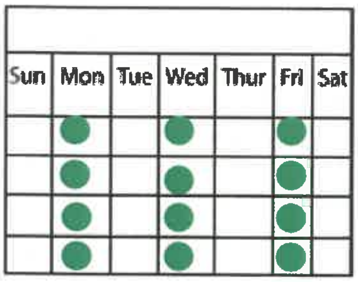
What can help?

Talk to your health staff.



Talk about how long to move your body. Like

- do 2 minutes
- you do a bit more each week
- later you do 15 minutes.



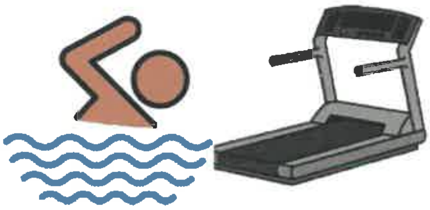
Talk about how many times each week. Like

- Monday
- Wednesday
- Friday.

They can write a program with you.

It is right for

- you
- what you want to do.

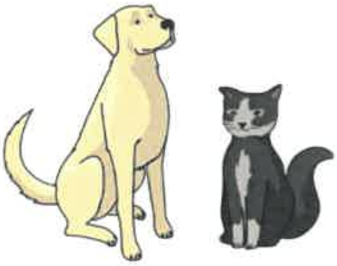


There are lots of things you can do. Like

- swim
- use a treadmill
- go for a walk.

You can lift weights.

You can do yoga.



You can play with your pet.

You can play sport. Like

- basket ball

- boccia.

Other things may help. Like

- a coach. This person helps you do your goals.

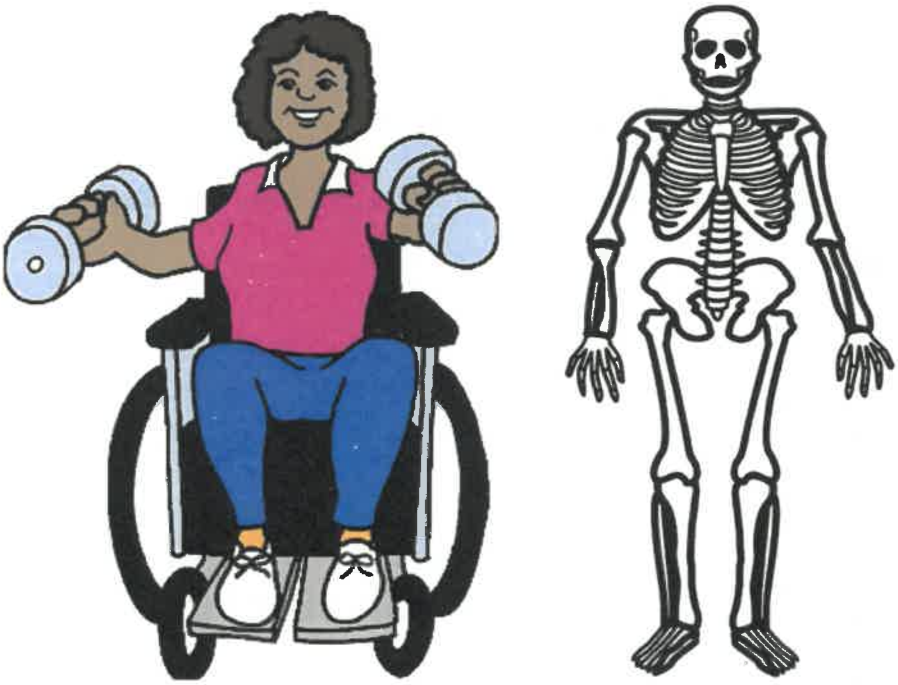
- special equipment. Like a tread mill.

You work with your health care team.

Like your physio.

They help you do what you want to do.

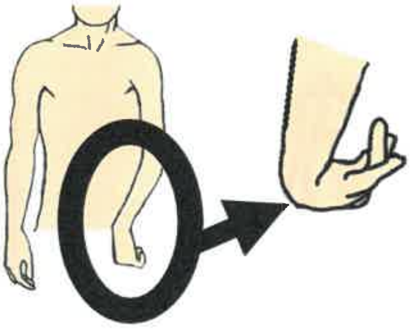
Cerebral Palsy
ALLIANCE



Your muscles

Your bones

Your muscles



We all have muscles.

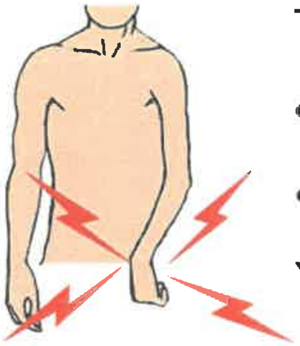
Their tone is about how tight they are.

Some of your muscles may be **very** tight.

Tight muscles can make it hard to move

- how you want
- the way you want.

Like you can **not** pick up food in your fingers.



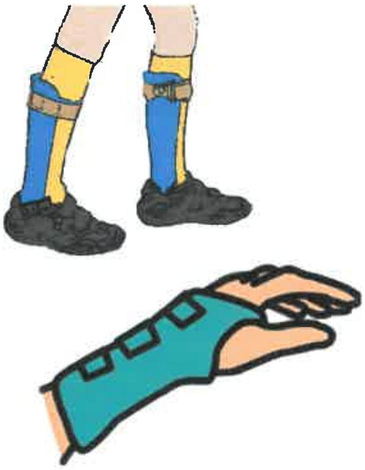
The tone can make you have

- short muscles
- changes to your bones.

You can be in pain.

The tone can make your spine bend to the side.

Its long name is scoliosis.



There are some things to help.

Like you wear splints on your

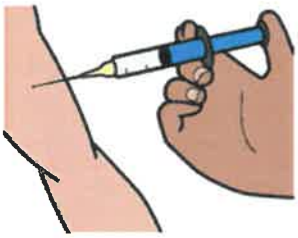
- legs
- arms.

You may have had some things done.

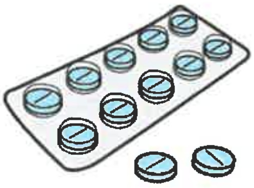
You had them when you were a child

They were to help your muscle tone. Like

- operations



- needles



- pills.

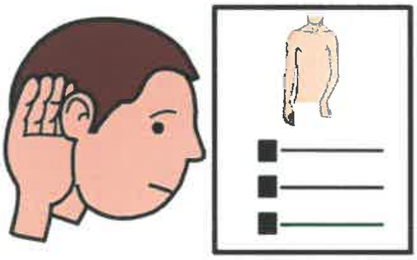
What can help?

Talk to your doctor.

You can see a special doctor.

Like a doctor that does operations

Talk to your physio.



They listen to your

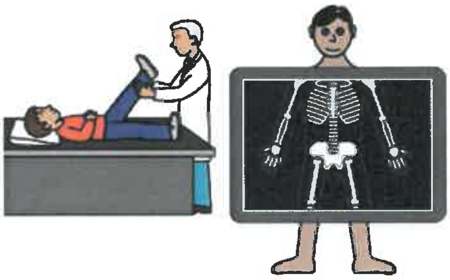
- problems
- plans
- needs.

They help you choose what will work for you.

Your bones

Children with cerebral palsy may

- have had a hip out of place
- a bent back.

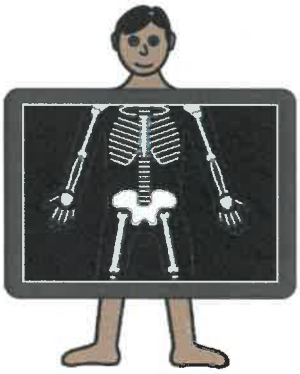


Children had tests. It was to check their bones.

They had them all the time. Like each year.

It helped stop some problems.

You are an adult



Some people need to still check their bones. It is

- young people with hip problems
- a person who has pain in
  - a hip
  - ankles
  - back
  - neck
  - knees.

Or

You may have a bend in your back.

It is more bent.

You may be in more pain.

Or

You can do less than before.

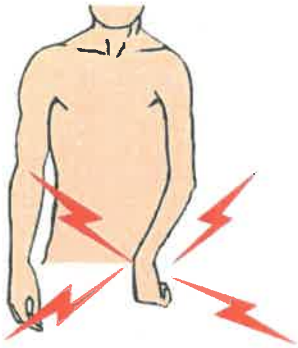
Like you used to stand to move to your chair.

Now you need to use a hoist.

You may break your bones.

It happens more for people with cerebral palsy.

You get old. It can happen even more.



You can have change in your joints.

These are your

- knees
- ankles
- wrists

and

- back
- neck
- hips.

Your joints may feel

- stiff
- sore.

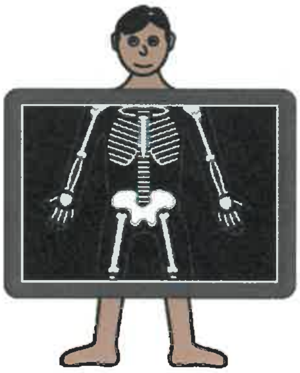
You get old. Checks of your bones can help

- to stop pain
- to plan what to do
- to help you do things in a safe way.

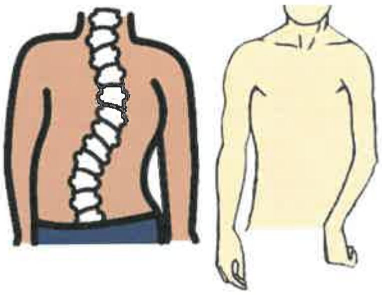
What can help?

You are an adult.

You can still have bone problems.



You need to check your bones.



You need more checks when you have

- hip problems
- bone pain.

You need more checks when

- the bend in your back gets worse
- bones have moved.

It is important to eat good foods. Like

- things with milk in them
- meat
- pasta
- fruit.

It is important to have the

- the right wheel chair for you
- any special seat you need.

It helps you sit in the right way.

Talk to your health staff.

Cerebral Palsy
ALLIANCE

Your pain

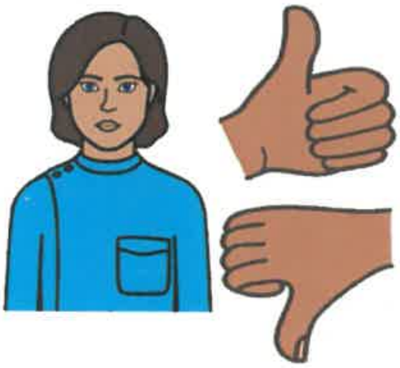
You may have pain. Like

- in your back
- in your neck
- in your hands
- in your mouth.

There are different things you can try.

Talk to your doctor.

What can help?



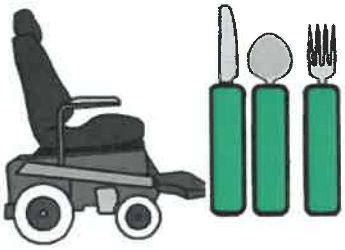
Health staff work with you. They look at what

- works for you
- does **not** work for you.

You may want to try things like

- exercise
- massage.

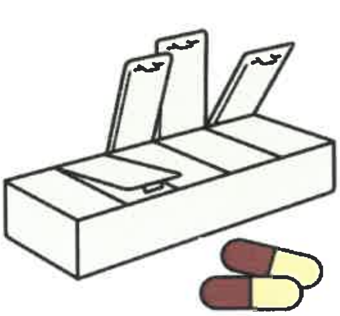
You can check your sleep.



You can check your equipment is right for you.

Like

- your wheel chair is the right size
- your sling is the right size
- you have things to help you eat.



You need help with pain.

You may take a pill each day.

Or

You may have a needle.

Like you have it 3 times a year.

You may need an operation. Like on your back.

Do a pain plan with your

- doctor
- health staff.

Cerebral Palsy
ALLIANCE

Your sleep

Sleep is important.

It can be hard for you to sleep.

You do **not** sleep well.

You feel tired all the time.

You may feel

- sad
- angry.

You may **not** feel like going out.

It may be hard to

- remember things
- do the things you need to do
- learn new things.

Why may it be hard to sleep?

Some things that can make it hard to sleep.

- pain
- it is hard to breathe
- it is hard to move your body.

You worry about every day things. Like

- friends
- money
- health.

You do **not** feel good. It is **all** the time.

Like you feel

- sad
- **not** important

Talk to your doctor.

What can help?

It may help to

- go to bed at the same time each night.

  Like 10 at night

- get up at the same time each day.

  Like 8 in the morning.

Eat good food each day. Like

- things with milk in them
- meat
- pasta
- fruit.

Plan to

- do some thing each day
- go out side.

Look at your bed. You may need to change it.

Like how firm is your mattress?

Do you need

- a bed pole
- a stick
- a bar
- a bed you can move to sit up?

You may feel

- too cold
- too hot.

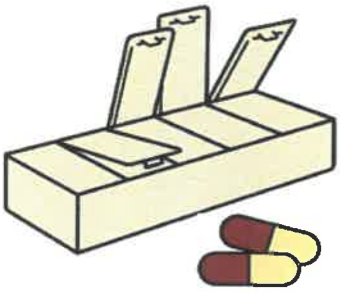
You may need

- different clothes
- different blankets.

You may need

- a mask
- a sleep machine.

You may need help to move in bed.



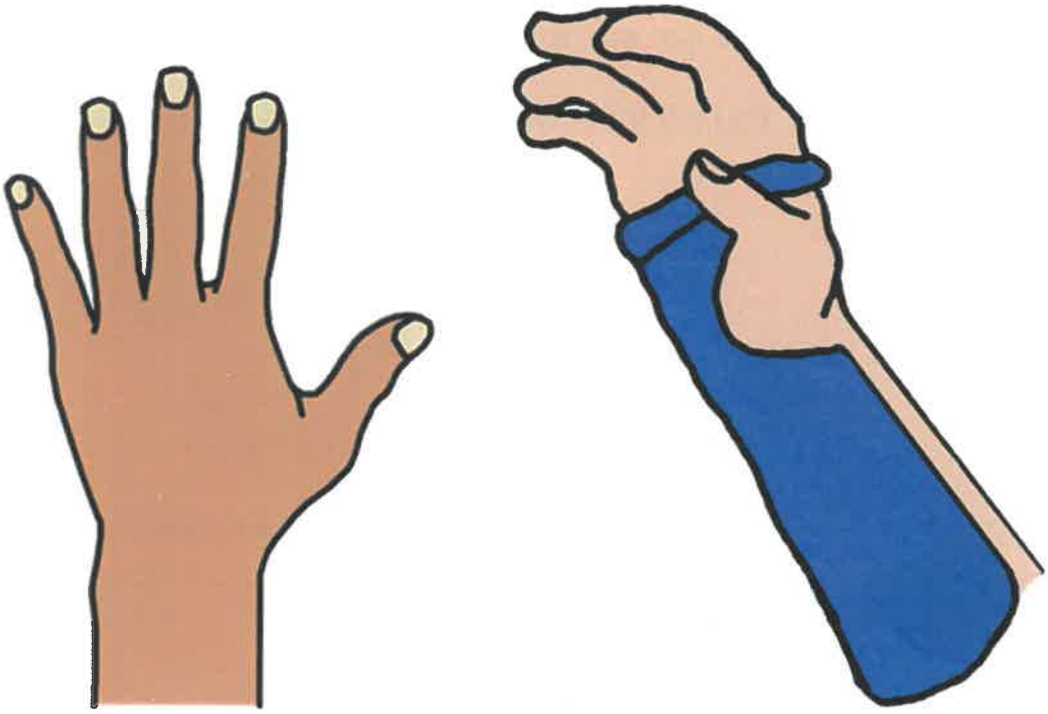
Your doctor may give you pills. They help you to

- fall asleep
- stay asleep
- help with pain at night
- help with how you feel.

You still have problems.

Talk to your health staff.

Cerebral Palsy
ALLIANCE



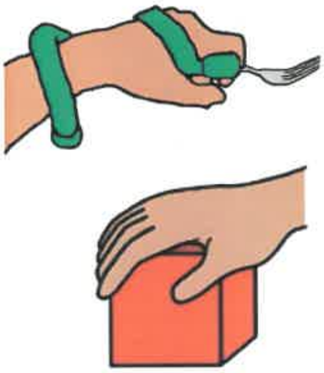
Your hands

Your hands help you

- do things for your self
- do the things you want to do.

You can see an OT.

You tell them what you want to do.



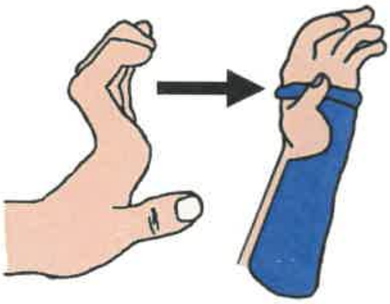
They help with how you use your hands. Like

- how to hold your fork
- how to pick things up.

What can help?

You may use splints for your

- hand
- arm.

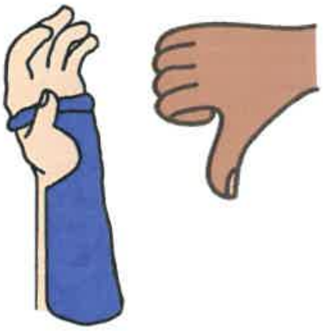


Splints help how you hold your

- hand
- arm
- fingers.

Your splints can help you. Like

- for less pain
- to help put on clothes
- to pick up things.



You may find your splint feels wrong.

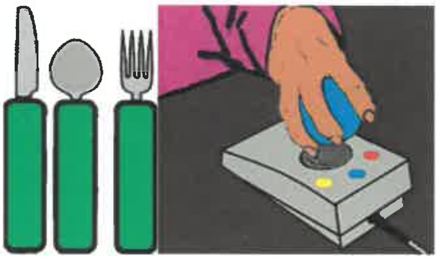
You do **not** want to wear them.

Talk to your OT.

They can help work out what is best for you.

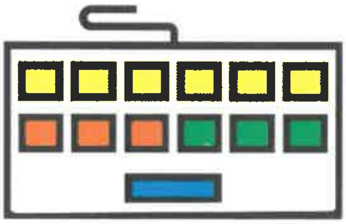
It may be very hard to use your hands.

You may need different things.



There are lots of different tools.

They help you with different things.



You may want to use a computer.

You may need a

- different key board

- different mouse
- joystick.

You may need to use

- eye-gaze
- switch.

You may use some thing on your wheel chair.

Like your communication device.

You have severe cerebral palsy.

Your wheel chair helps you

- sit in the right way.
- have your hands so you can use them.

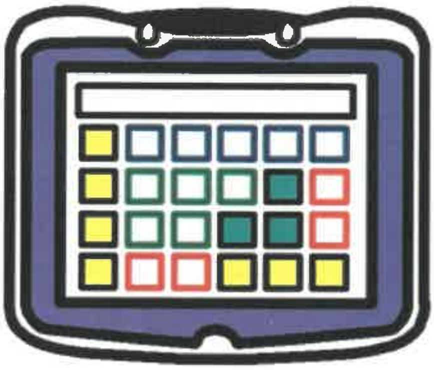
Some people may need an operation.

It is for your hand.

Talk to your OT about

- what you want
- what will work for you.

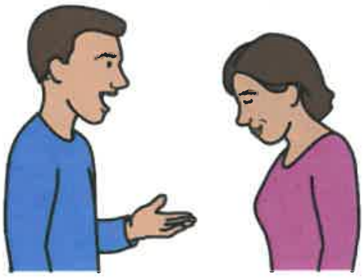
Cerebral Palsy
ALLIANCE



How you talk

Each person wants to

- say things
- be understood.



There are lots of ways you can do this. Like

- speech

- a board

- a machine that speaks out loud.

You can use your hands. Like you

- sign
- point.

It helps you

- do things for yourself
- make your own choices
- make
- friends.

It helps you speak up for yourself.

It helps you

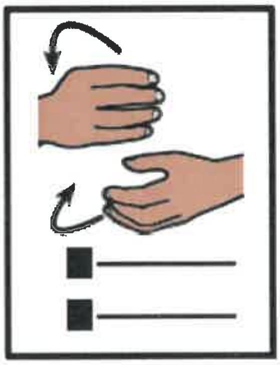
- learn
- do the work you want to do.

You can get help from a speechie.

You want to be better at how

- you say things
- people understand you.

It may be to get a new communication device.



You can have goals for your staff.

Like they need to learn Key Word Sign.

It helps you to understand more.

Your speechie can help with your goals.

Like you want to

- speak in a clear way

- learn to read

- use a device you have now
- learn a new device.

Your speechie can help you use your computer.

Like you learn to use Facebook.

You use it to talk to your friends.

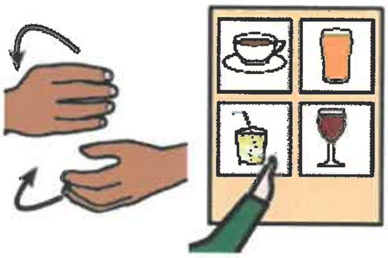
They can help you learn

- social rules
- how to be with friends.

What can help?

A speechie can help you say what you mean.

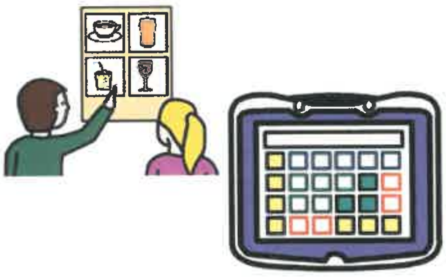
Like learn to make choices



They can help you know what others say. You may need

- Key Word Sign
- choices you can see

- Easy English.



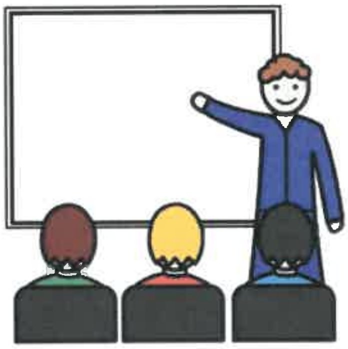
A speechie can help you use other ways to say what you need. Like

- communication boards
- communication device.

They can help you to

- read
- understand what you read.

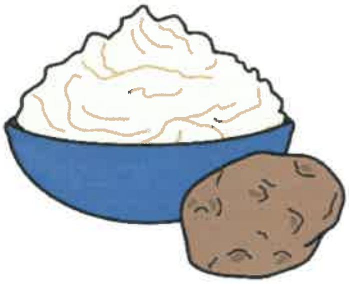
They can help you to read more.



They can teach your staff what works best for you.

Cerebral Palsy
ALLIANCE

Your swallow



You may find it hard to

- eat. Like you need soft things to eat

- drink. Like you need to use a straw.

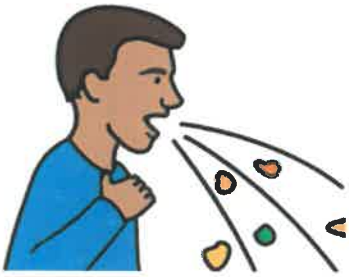
You may find it hard to swallow.

You may choke on some foods.

It can make it hard to breathe.

You can see a speechie. They look at what

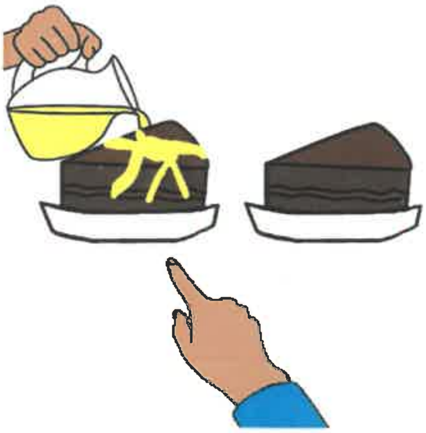
- your tongue does
- your lips do.



They look at how you swallow.

They want to know

- can you clear your mouth of food?
- has it gone down the right way?



They can help you choose

- foods safe for you to eat
- drinks safe for you to swallow.

You can see an OT.

They look at how you sit to eat.

Talk to a person about the food you can eat.

They are called a dietician.

You can talk to your doctor.

You may choke on lots of food.

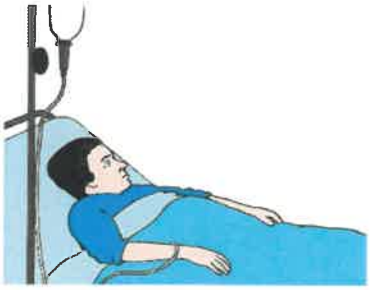
Food goes down the wrong way.

You have a

- poor cough

  or

- you can **not** cough up the food.



You get sick. It is all the time.

What can help?

See your speechie.

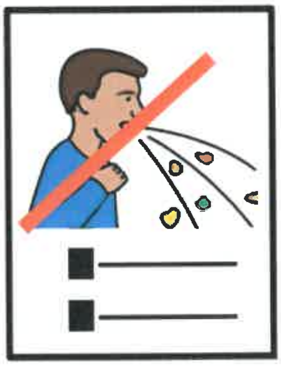
They will look at the different food you eat.

See a dietitian.

Do this each year.

You may need to see them more.

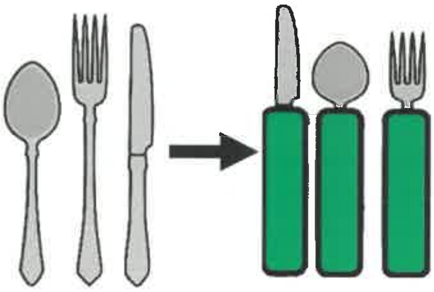
See them when the way you eat changes.



They help you make a plan.

You may change the way you do things. Like

- how you sit

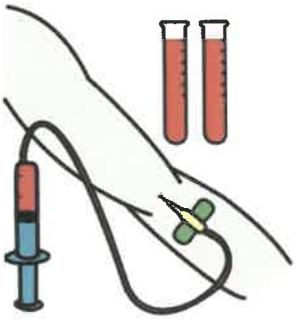


- the spoons you use.

You may try different foods.

Like

- soft foods
- drinks with a straw.



You can have a blood test.

It checks you get the foods you need.

Talk to your dietician.

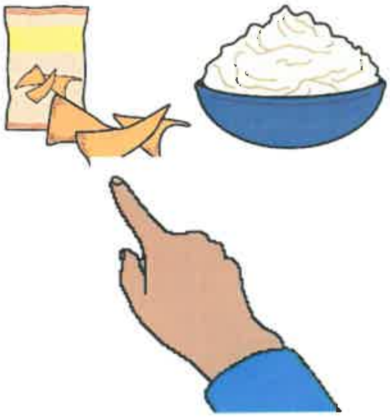
It may be hard to eat enough food.

They can help you add things to your food.

You worry about how you breathe.

Talk to your

- doctor
- health care team.



You want to choose your own foods

It is your choice.

You choose foods that are hard to swallow.

They may **not** be safe.

Talk to your health care team.

They can talk to you about

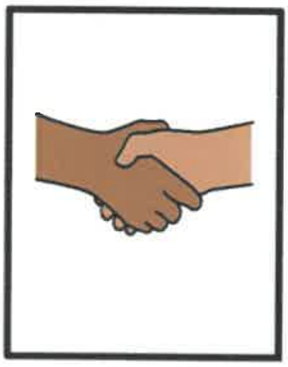
- your choices
- the risks.

They help you understand what it means for you.

Like

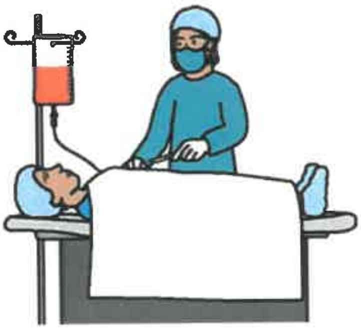
- you may get sick
- you make choke.

It may be hard to be safe.



You write a plan It says

- what you want
- what the health staff says is safe
- you know about the risks.
- what you want to do.



You need a different way to eat

It is an operation. Like

- for a NG tube
- for a PEG tube.

It may give you less gut pain.

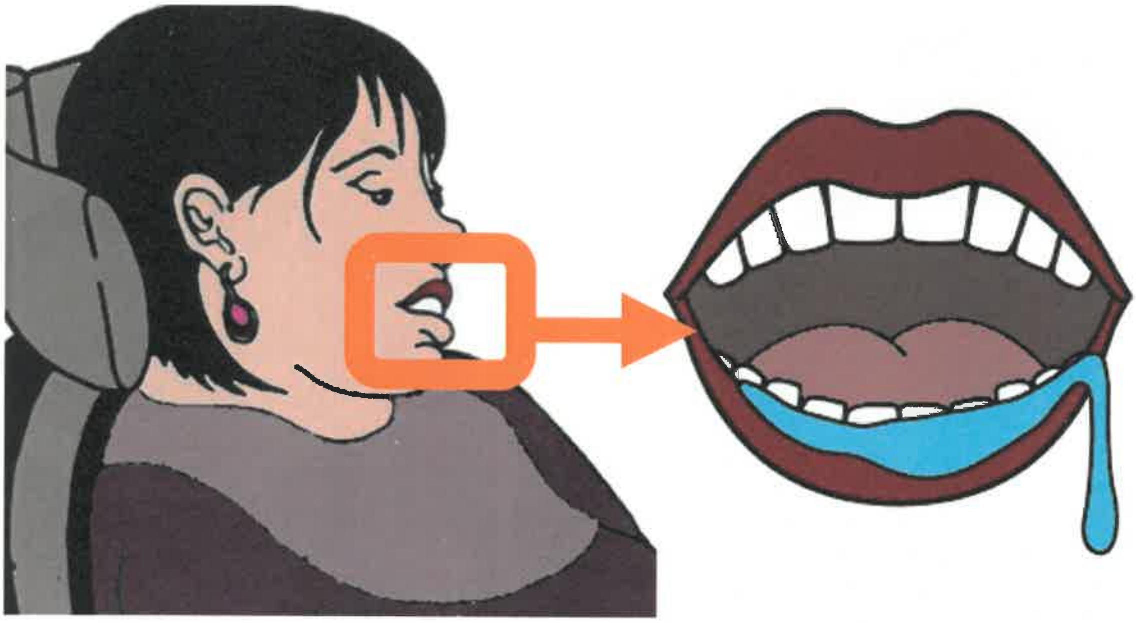
Talk about it with your

- doctor
- speechie
- health care team

and

- family.

Cerebral Palsy
ALLIANCE



Your saliva

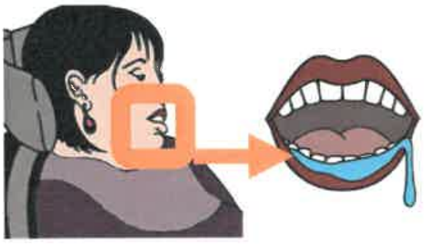
You drool. Saliva falls out of your mouth.

Your chin may feel damp all the time.

It lands on your clothes. It is on your chest.

Your shirts are wet all the time.

It can smell.



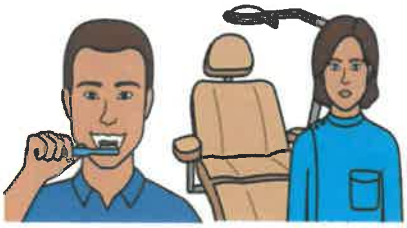
You may have a lot of saliva.

What can help?

You use a cloth to wipe your mouth.

You wear a special cloth under your chin.

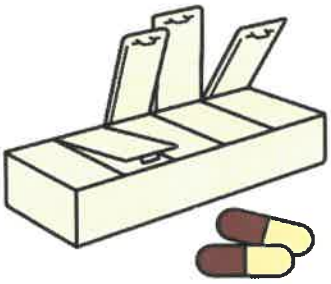
You change it in the day.



You brush your teeth each day.

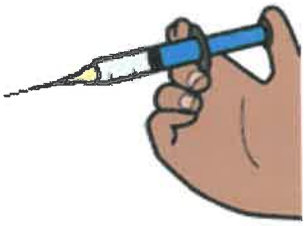
You see your dentist.

You do this 2 times each year.



Your doctor may say

- try some pills



- try a needle.

Cerebral Palsy
ALLIANCE

Your mouth.

Your teeth

It can be hard to look after

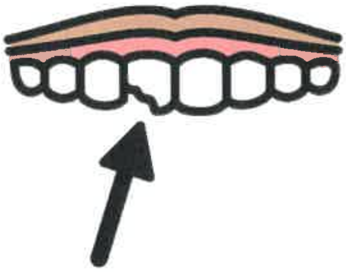
- your mouth
- your teeth.

You need staff to help you.

Your mouth can be sore. Like you have pain in

- your gums
- your teeth

or



- your teeth break.

You may feel

- sick
- pain
- sore.

It is hard to eat.

What can help?

See your dentist.

See them 1 time each year.

You take pills for epilepsy.

It can make problems for your teeth.

Like your teeth get holes.

You need to see your dentist more. Like

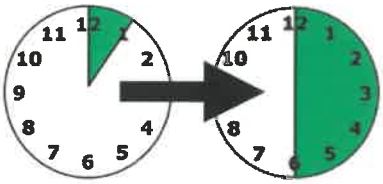
See your dentist 2 times each year.

Make a plan for your mouth.

Your dentist helps you make the plan.

It is hard to find a dentist

- who knows how to work with you
- has the right seats.



You need more time with your dentist.

Say what your needs are.

Your dentist can book a long meeting.

Some people need to go to hospital.

You are put to sleep.

Now the dentist can look in your mouth.

Talk to your health team.

They can help you find a dentist.

Cerebral Palsy
ALLIANCE

About epilepsy

You have epilepsy. You may have fits.

Like your body shakes some times.

You can **not** control it.

Your doctor helps you make an epilepsy plan.

It says

- what pills to take
- how to stay safe

and

- things you can **not** do. Like
  - you can **not** drive
  - you can **not** use some machines.

What can help?

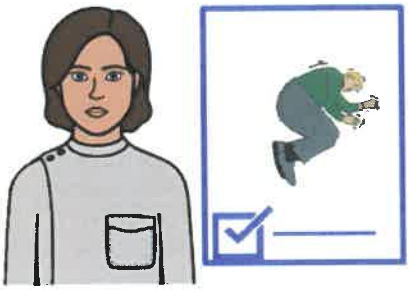
Talk to your doctor.

Your doctor may say you need pills.

You must take

- them at the right time
- the right number of pills.

Some times the pills do **not** work.



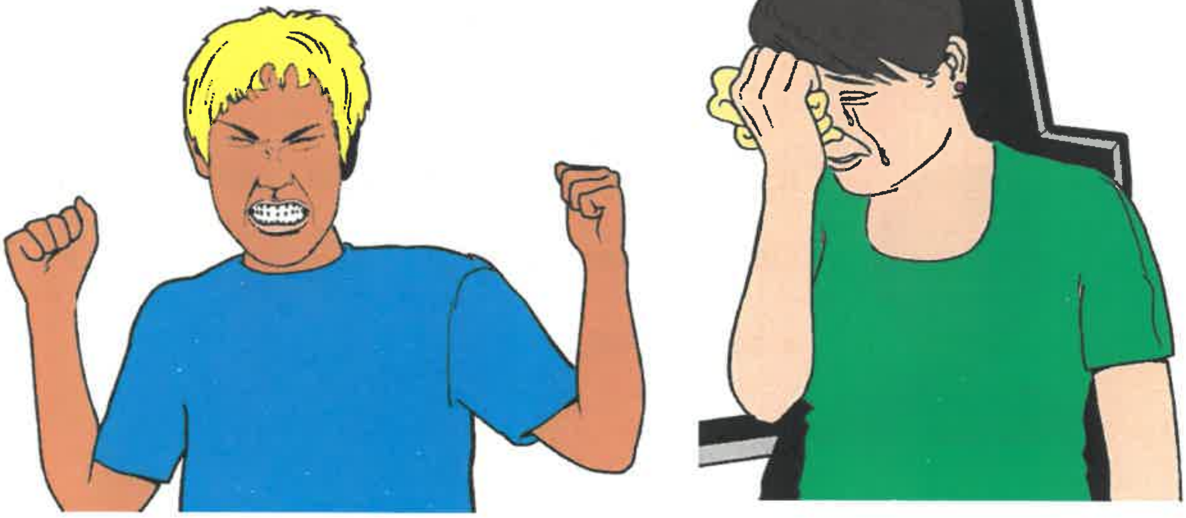
You may need to see a special doctor.

They help do a new plan.

You want to have a baby.

You may need a new plan.

Cerebral Palsy
ALLIANCE



How you feel. What you do

You may tell other people things in your own way.

Other people do **not** know what you mean. Like

- you wave your arms above your head
- you yell out
- you rub yourself. You do it all the time.

  You break your skin. There is blood
- you hit things.

It can be hard to know what you mean.

Other people may

- feel scared

- ignore you.

There are lots of things you may be trying to say.

You may be

- in pain. Like you have a sore head

- are angry. Like you missed your TV show.

You may feel no one listens to you.

There may have been big change in your life.

Like

- you moved home.

- a person you know died.

How you feel is different for each person.

It may be different each time.

Some people know you well.

It can help to know how you feel.

You want to change

You want help.

You get a plan.

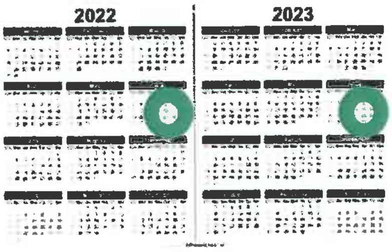
Its long name is a behaviour support plan.

It is in your NDIS plan.

The plan tells people about you. Like

- what you do
- why you do it
- what you need
- when you need it.

The law says you must have a plan.



Your plan must be checked each year.

Like each November.

You can check it more than that.

What can help?

There are other people who can help.

1. People who help you to talk.

   They may be called a

   - Speech path
   - Speechie
   - Speech pathologist.

2. Mental health people. Like a

   - talking therapist.

     They are called a psychologist

   - a special doctor. They can give you pills

     They are called a psychiatrist.

They all help the staff.

They all help your family.

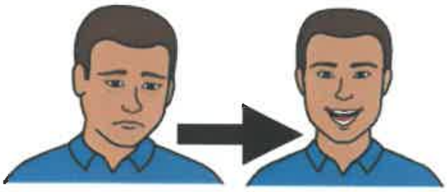
You can talk to your doctor.

You can get help to

- get what you need
- in a way more people understand.

You can go to a class. You learn new ways to

- know how you feel



- help you understand what
  - upsets you
  - helps you.

You can learn to say things in different ways.

More people can understand you now.

You can get ideas for how you feel.

Like you feel good when you go for a swim.

You make a plan to swim more.

Cerebral Palsy
ALLIANCE

Your mental health

You worry about how you

- think
- feel
- act.

You may have a mental health problem.

Lots of adults do have a mental illness.

You do **not** feel good. It is **all** the time.

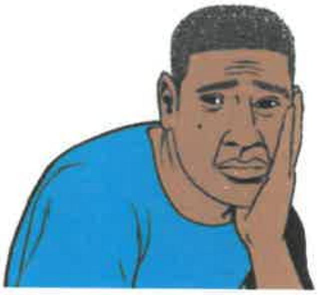
Like you feel

- sad
- feel no good.

It is called depression.

At times you may be OK.

At other times you are **not** OK.



Some people worry and worry.

They worry about every day things. Like

- friends
- money
- health.

It can be hard to

- sleep

  or

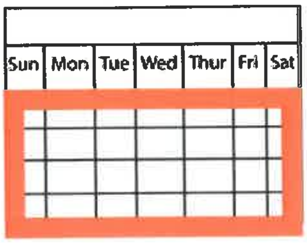
- do the things you like to do.

  Like you do **not** want to see your friends.

You may have

- panic attacks
- very fast heart beat.

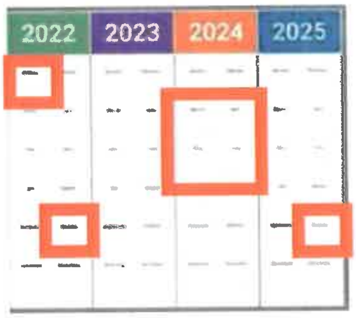
It is called anxiety.



Your mental illness may be for

- a short time only. Like 1 month.

or



- many different times.

It is different for each person.

Many people with cerebral palsy have mental health problems.

It is more than people with no cerebral palsy.

Why?

Your life can be hard.

It can take lots of time to do things.

It can be hard to make friends.

You may **not** be able to do the things

you want to do.

What can help?

You think you have a problem. Like

- you worry all the time
- you are sad all the time.

Talk to your doctor.

You can get the help you need.

Different things work for different people.

It may take time to find what works for you.

You start to feel better.

The doctor may say to try to

- eat foods good for your body

- do things to move some more.

  Like go for a swim each week.

The doctor may say

- see a therapist

or

- take pills.

You have a job.

Some work places have help for staff.

It is called an employee assistance program.

You can learn more about mental health.

You learn about things to help you.

Like you need more help at home.

The help is

- free
- private. Your work will **not** know what you say.

Ask about it. Like ask

- your boss
- the work safe staff.

You need help now.

There are other places you can go.

Beyond Blue

Call 1300 224 636.

Website www.beyondblue.org.au

Look for the tiny yellow pictures. They are

- at the top
- on the right.

Look for the words **Chat online**.

Click on it

A new window opens.

Look for a small black box. It is

- at the bottom
- on the right.

Look for the words **Chat with a counsellor**

Click on it

A small box opens. It is

- at the bottom
- on the right.

You type what you want to say.

Lifeline Life Line

Call 13 11 14.

Website www.lifeline.org.au

Look for the words **Chat with us**.

Click on it.

Lifeline Crisis Chat

Lifeline Crisis Chat can help if you're going through a crisis, feeling overwhelmed or having suicidal thoughts. A professional crisis supporter will listen to you and support you.

A new window opens.

A small box opens. It is

- at the bottom
- on the right.

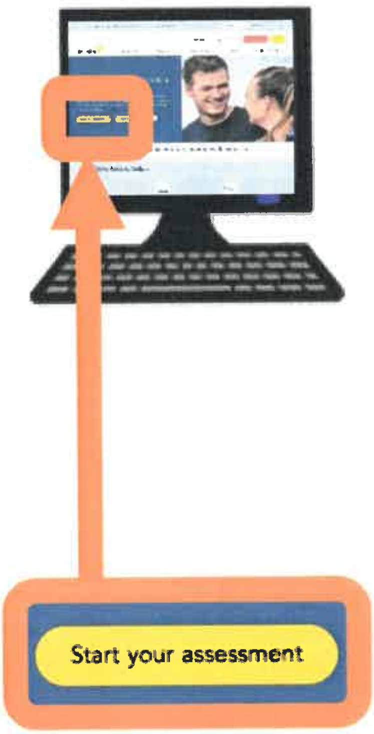
Click on **Connect with Lifeline**.

A new box opens.

You type what you want to say.

Mind Spot Clinic

Call 1800 614 434.



Website www.mindspot.org.au

There are some questions.

They help you know more.

Look for the yellow button.

It says **Start your assessment**.

Black Dog Institute

Call 02 9382 2991.

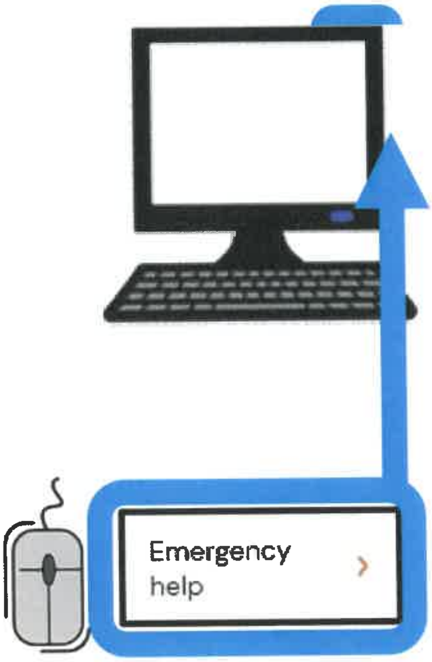
Website www.blackdoginstitute.org.au

Look for the orange button. It is

- at the top
- on the right.

Look for the words **Get help now**.

Click on the arrow.



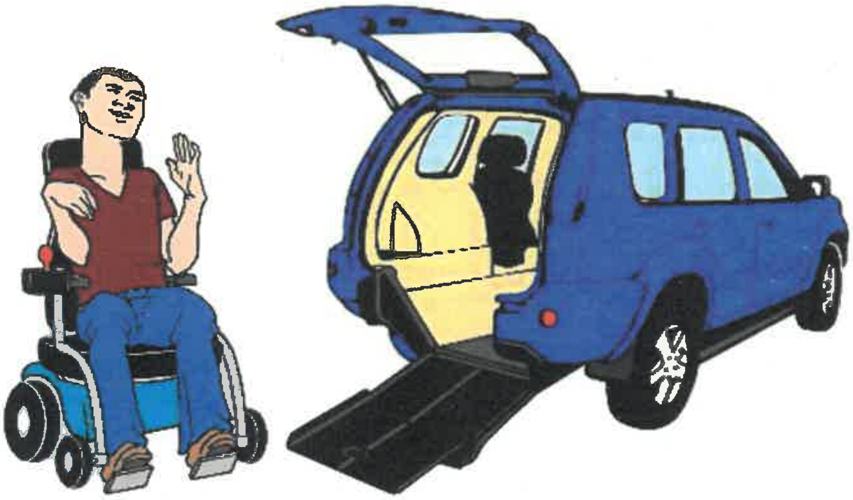
A drop down menu will come up.

Look for the words **Emergency help**.

Click on this.

There is a list of places you can get help.

Cerebral Palsy
ALLIANCE



Things you do

You do things for fun

1. You do things for fun

You want to learn

2. You want to learn

You want a job

3. You want a job

Cerebral Palsy Alliance

Help to find a job

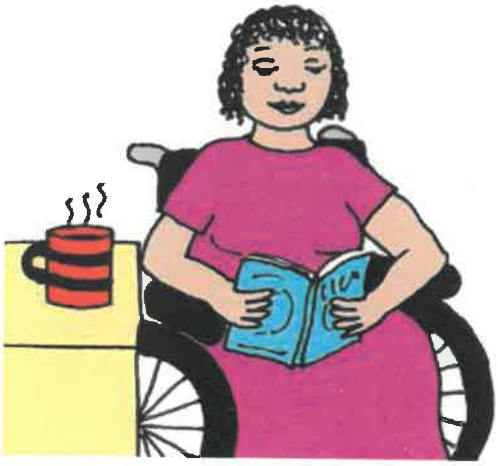
4. Help to find a job

Cerebral Palsy Alliance

You want to drive

5. You want to drive

Cerebral Palsy
ALLIANCE



You do things for fun

Studies say people with disability

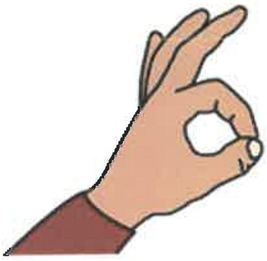
- do **not** mix with other people as much
- do less things they like to do.

Each person needs time to

- rest

  and

- have fun.



It all helps you feel good.

You can spend time with other people.

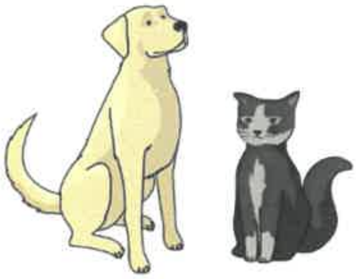
There are lots of thing you can do. You may

- swim
- play sport

- go to a garden
- go to the movies.

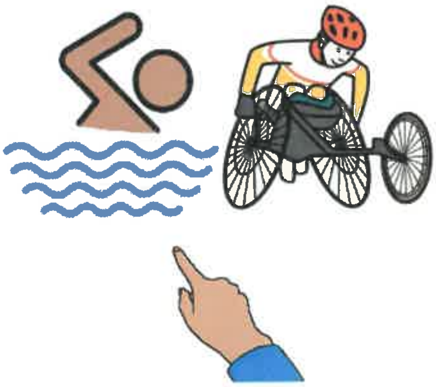
You can read.

You can do art.



You may play with your pets.

What can help?



There are different things you can do.

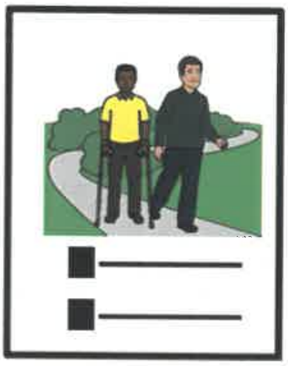
You choose what is right for you.

You need help. Like a person to drive you there.

Ask your

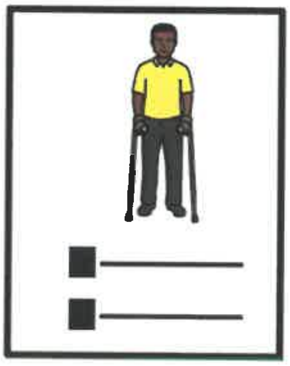
- friends
- carers
- family.

You can **not** find some thing you want to do.



You can set goals to help you.

Like you want to walk in the park.

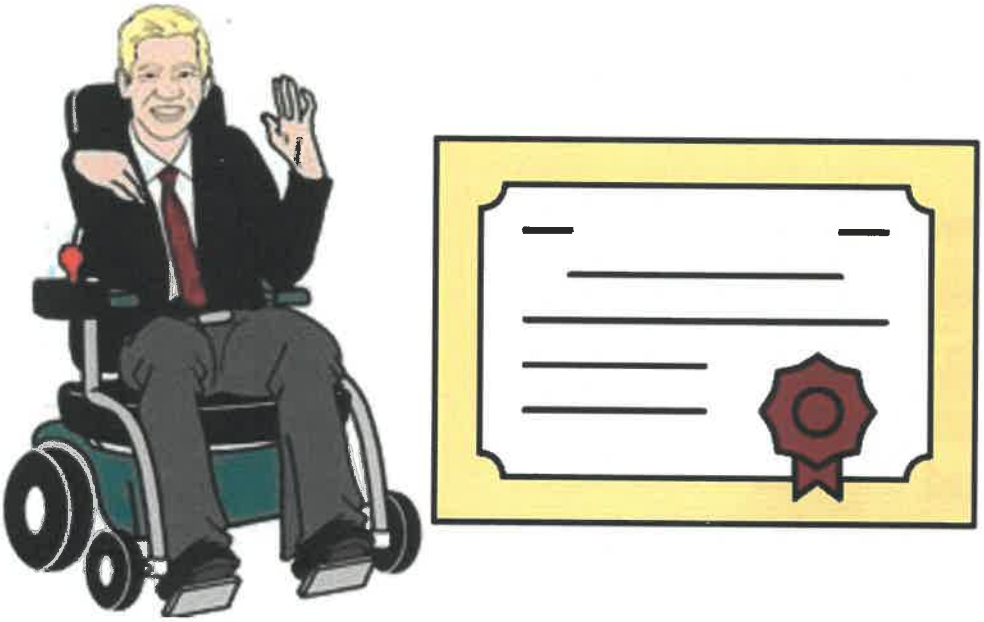


Talk to your health staff. It may be your

- physio
- OT.

There may be small steps you can do.

Cerebral Palsy
ALLIANCE



You want to learn

You want to learn some thing new.

There are different ways you can learn.

It may be

- face to face

- online

or

- face to face

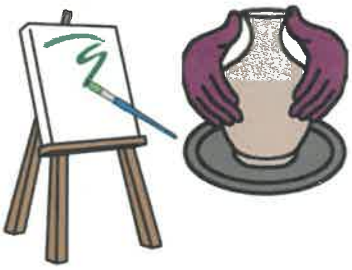
  and

- online.

You want to do a short course.

You want to do it for fun.

Look for a place near you.



There are lots of short courses. Like

- about art

- business

- words from a different country
- about a different country.

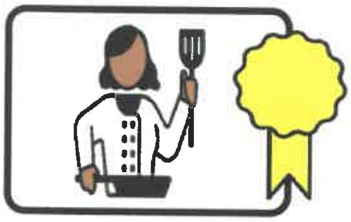
There are more short courses. Like

- new games

- about food

- yoga
- get fit

- sport.



You may want to learn some thing for your job.

Like you work in a kitchen.

You get a special paper at the end.

You may want to do a new job.

Like you want to work with children.

You need to do a course.

It may take a few years.

You choose a place to learn.

It does the topic you want to learn. Like

- a place near you. It may be a community centre
- TAFE
- university.

You talk to the staff.

You work out what is best for you.

You learn by doing.

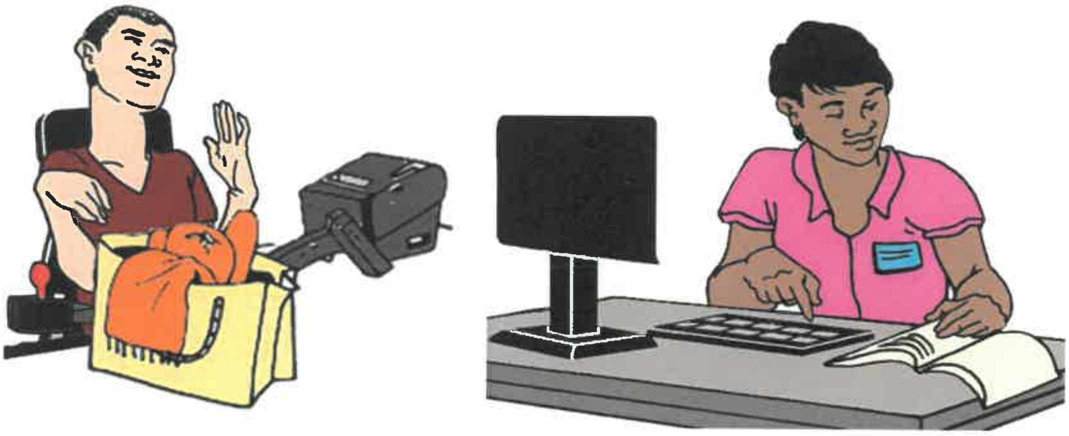
Like you want to learn skills for a job.

You learn at TAFE.

You want to study.

You do this at university.

Cerebral Palsy
ALLIANCE



You want a job

Studies looked at

- people with cerebral palsy

  and

- their jobs.

The study says when you learn on the job

- more people will have a job
- more people stay in work.

There are different kinds of work.

Some work you may do by yourself.

Like work in a shop.

Some work places you need help.

They help you

- learn the steps
- help you do your work.

or

You do lots of talks.

You can **not** pack the things to take.

The other person packs your things.

Now you can do your talk.

Your help is based on what you

- can do
- want to do
- need help with.

Some work places have more help.

They help you know

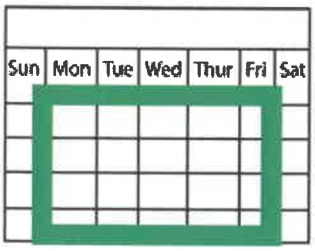
- new things you have to do
- the people you work with.

You can also ask for a person to talk to.

They are your job help.

You ask for them at

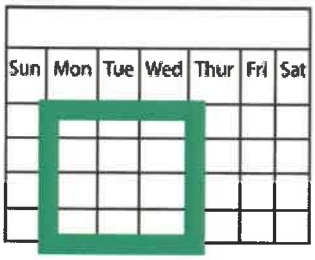
- Centrelink
- Disability Employment Network.



You want to work full time.

It is 5 days a week.

Like Monday to Friday



You want to work part time.

It is a few days a week.

Like Monday Tuesday Wednesday.

Talk to your job help person about

- what jobs may be best for you
- how to find jobs that are right for you.

Cerebral Palsy
ALLIANCE

Help to find a job

You can come to a class.

We will call it **Get ready for work.**

It is for people who just left school.

Its long name is

School Leavers Employment Support.

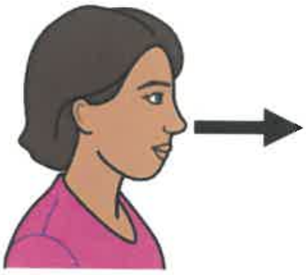
You learn skills to

- get a job
- know what things you must do
- keep a job.

You learn skills to write about you.

You write what you can do.

It is called your resume.



You learn skills to

- find the job you want
- talk to people at work.

You learn skills to

- start a new job
- be safe at work.

  Like you can use the toilet.

You learn to get to work.

Like you learn to

- catch the bus
- get a taxi.

You learn about your money.

Like how to spend your money

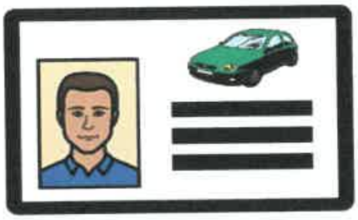
- on things you need
- on things you want.

You get the help you need. It may be

- plan what job you want
- what skills you need
- how to use a computer.

Cerebral Palsy
ALLIANCE

You want to drive



Some people with cerebral palsy can drive a car.

You need a drivers licence.

You do **not** want to drive.

That is ok.

You can drive. You can go

- where you want
- when you want.

It helps you do things by yourself.

It is 1 of your goals. Talk to your

- your OT
- the place that tests you for your licence.

  Like Service NSW.

You may need your car set up just for you.

It may have

- hand controls
- a ramp
- a lift.

You do your test with this car.

You get your licence.

You can drive this car.

Cerebral Palsy
ALLIANCE

How you live


Cerebral Palsy Alliance

Your home.

Your choice

1. Your home. Your choice


Cerebral Palsy Alliance

Help to live at home

2. Help to live at home


Cerebral Palsy Alliance

About your money

3. About your money


Cerebral Palsy Alliance

Plan for a change

4. Plan for a change

Cerebral Palsy ALLIANCE

You need help
to make big choices

5. You need help to make big choices

Cerebral Palsy ALLIANCE

You get very sick.
You have a plan

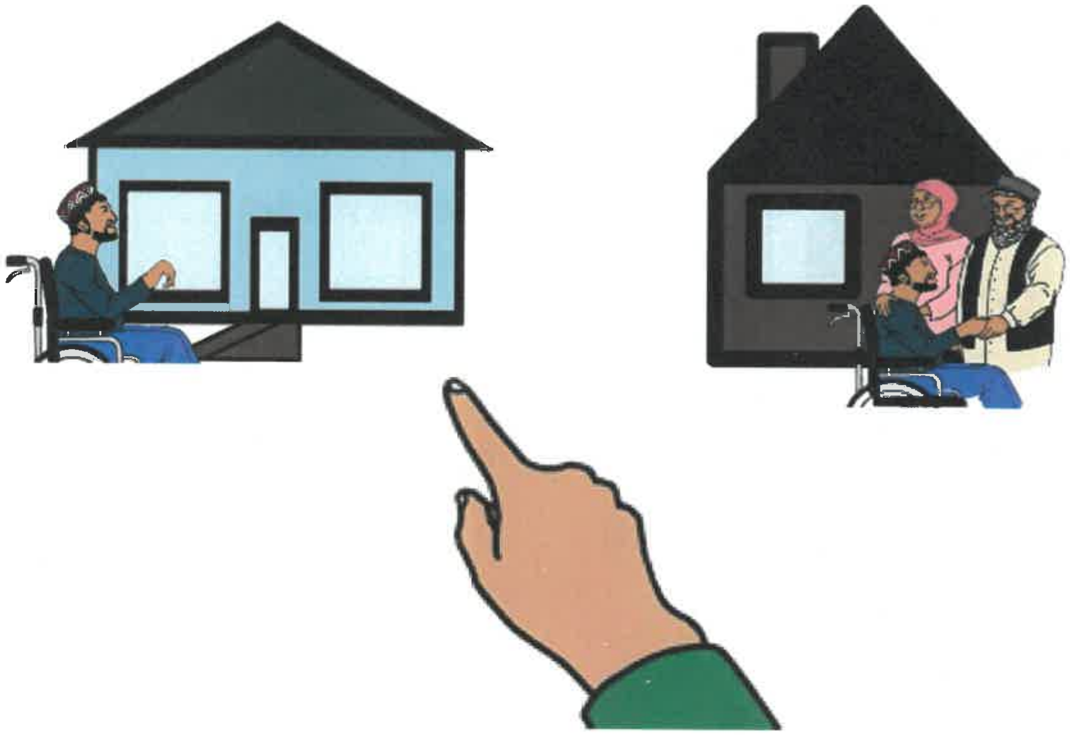
6. You are very sick. You have a plan

Cerebral Palsy ALLIANCE

You plan for the future

7. You plan for the future

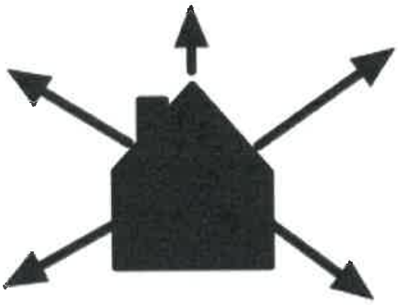
Cerebral Palsy
ALLIANCE



Your home.

Your choice

You have a choice about where you live.



You choose where you live.

And

You choose who you live with.

You can live on your own.

You can live with

- a friend
- a partner.

There may be 2 people in your home.

You can live with a group of people.

They have a disability too.

You may live with 4 other people.

The NDIS called it shared supported living.

They also call it your SIL.

You can live with your family.

You live with your parents.

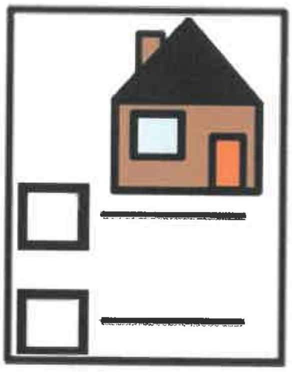
Other family may live there too. Like

- your brothers
- your sisters.

You can live with your

- partner
- children.

It is important for you to have a choice.



It can be hard to

- find the right information
- plan for where you want to live.

You think about where you want to live.

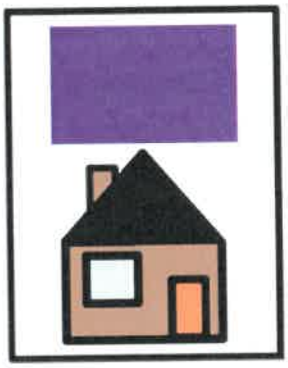
You still need more information.

You can get help.

Talk to your

- family
- service provider.

What may help?



You have an NDIS plan.

The NDIS can help you live in your home.

Like they pay for different supports you need.

You have money in your NDIS plan.

But

There is **no** money about your home.

Talk to your NDIS planner about

- where you want to live
- what help you will need.

  Like help to shower.

More information.

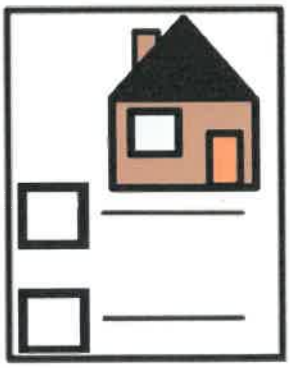
Go to www.ndis.gov.au

In the search bar type the words

home and living.

More Information

People with Disability Australia



They have a list of different housing services.

Website www.pwd.org.au

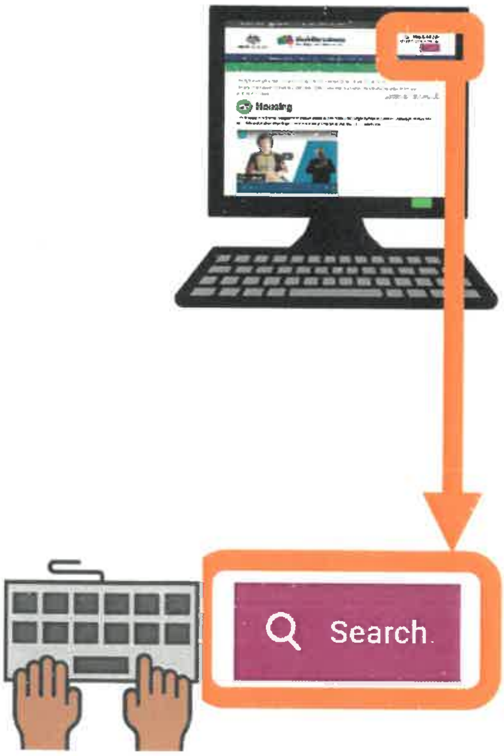
Click on their **housing help line**.

Disability Gateway
Connecting you to information and services

National Disability Gateway

It tells you about more help at home.

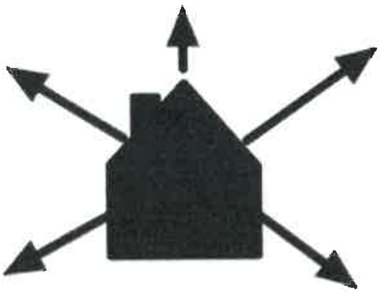
Like what you can do in an emergency.



Website www.disabilitygateway.gov.au

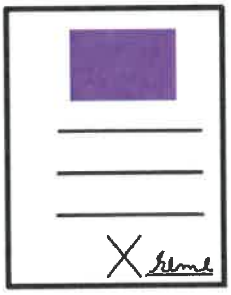
In the purple search bar type **housing**.

Disability Accommodation Australia



They can

- help you to find a place to live
- help you in your home.



You want to use them

Talk to your NDIS planner.

Put them in your NDIS plan.

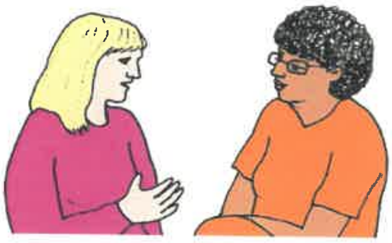
Website

www.disabilityaccommodationaustralia.com.au

Your disability service

They may have

- information on places to live
- help for you at home.



Talk to a person at your disability service.

Cerebral Palsy
ALLIANCE

Help to live at home

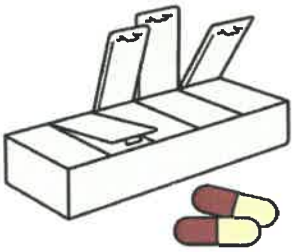
You need help to live at home.

You can get help to

- cook
- clean your house
- wash your clothes.

You can get help to

- go to the toilet
- shower
- get dressed



You can get help with your pills.

You can get help

- to live on your own.

- be part of your community.

Each person has different needs.

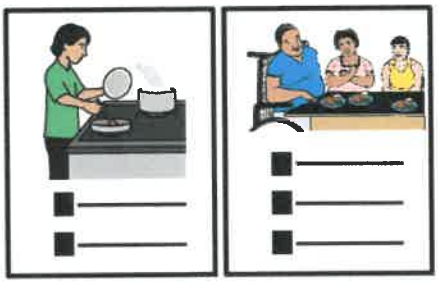
Think about

- what help you need
- when you need help.

The help you get must be right for you.

Talk to your

- support person
- social worker
- advocate.

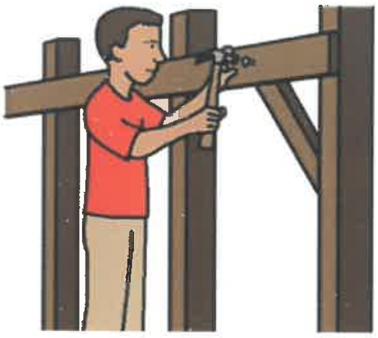


They help you to make a list of what you need.

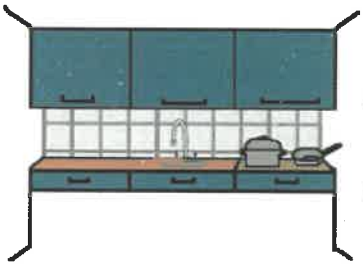
Think about each part of your day.

You have money in your NDIS plan.

It is to do these things.



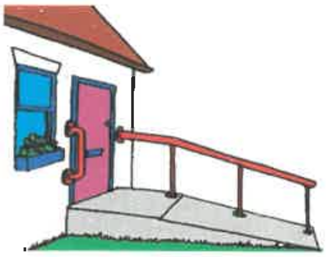
You need changes to your home



The changes help you

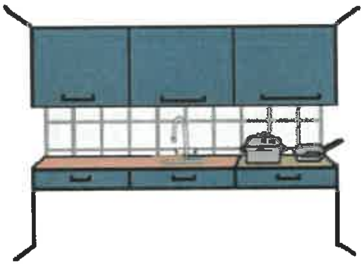
- move around your home
- do the things you need to do.

  Like help to cook your own meals.



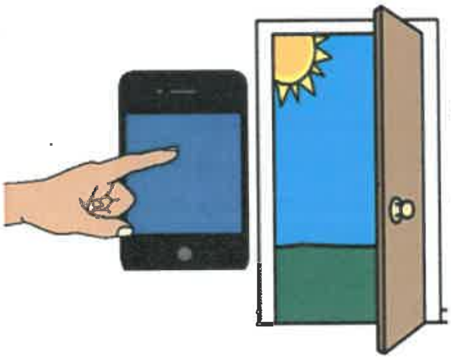
Changes may be

- a ramp
- hand rails
- a big door for your wheel chair.



It may be low benches in your kitchen.

Your wheel chair can fit under the benches.



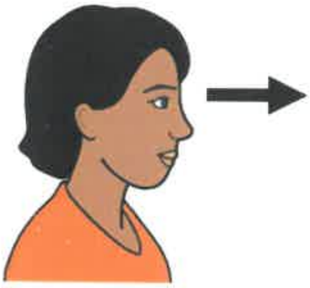
It may be new things you can use with your

- ipad
- phone.

Like an App to open your door.

You may need other things to help you.

Like a hoist



Talk to your OT. They come to your home.

They tell you what may work.

They write you a report.

You need to get a quote for the work.

It tells you how much the work will cost.

Talk to the owner of the house

- about the changes you need
- who will make the change
- how much it will cost.

Talk to them about who will pay.

Like it is in your NDIS plan.

Or

You will pay for it.

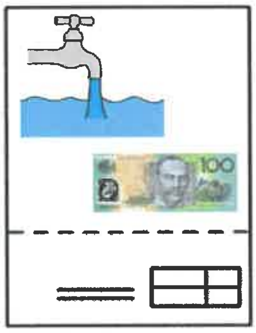
Cerebral Palsy
ALLIANCE

About your money

You can make a plan for your money.

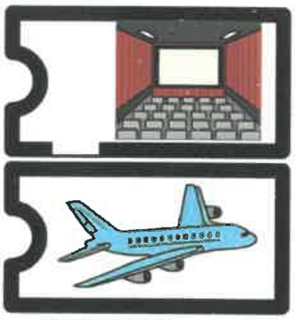
It helps you to know

- how much money you have
- what you need to pay
- when you need to pay.



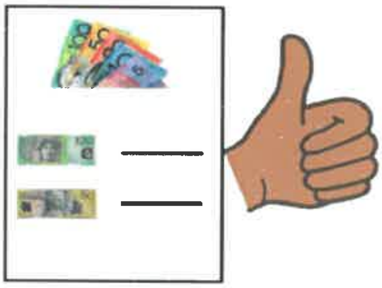
It helps you to have the money for

- your bills
- your rent.



You know what other money you have.

You can plan what to spend it on.

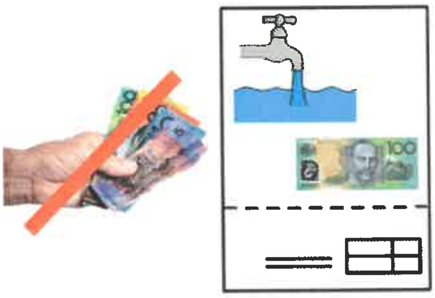


Many adults with cerebral palsy can

- look after their own money
- make choices about money.

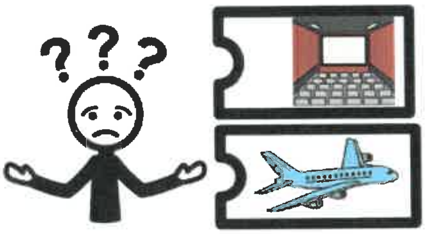
But

It can still be hard.



You may find it hard to

- know how much money you have
- save the money to pay your bills.



You may find it hard to

- plan to spend some money
- plan to save some money to buy a big thing.

  Like a holiday.

You only have a little money

You may **not** have a job.

You only work a few hours.

Like 5 hours each week.

What can help

You may **not** have a job.

You need help to get money. Talk to Centrelink.

Ask about the disability pension.

You can get help from other places too.

Like Services Australia.

They can help you

- look for work
- learn to look after your money.

Talk to people you trust Like your

- family

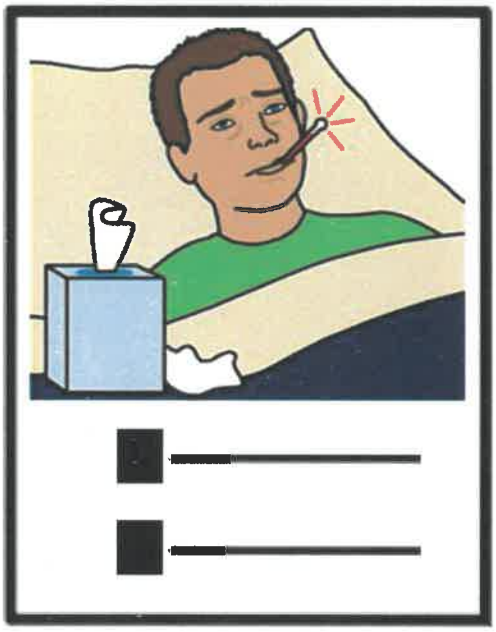
- support team
- social worker.

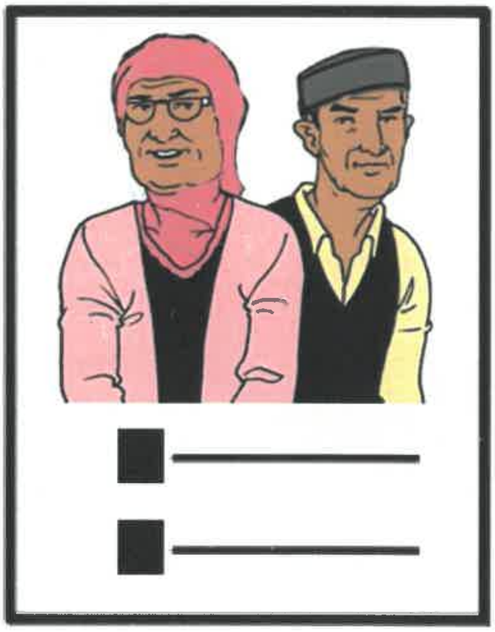
You plan for the future

Other information about money.

Read **Your plan for the future.**

Cerebral Palsy
ALLIANCE





Plan for a change

A lot of people with cerebral palsy get help from

- parents

- brothers
- sisters
- friends.

They do **not** get paid.

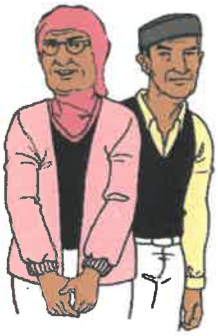
They may

- help you go to the doctor
- take you to the shops
- take you to meet other people.

They may help at home. Like

- help you wash
- help you dress

- cook meals
- wash your clothes.



Things may change.

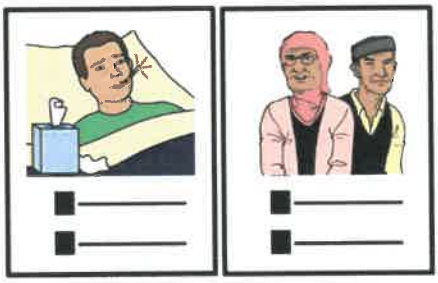
Like your parents get old.

They can **not** give you the same help now.

Or

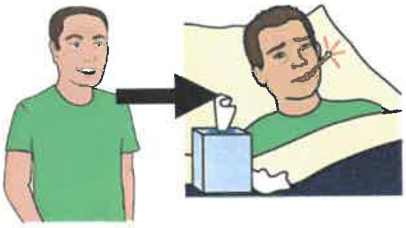
Your friend is sick this week.

You still want to go to the footy.

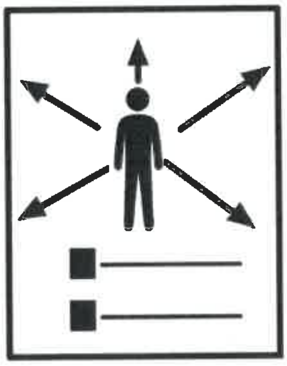


You need 2 plans.

Write your plans now.



They are plans for when things change.



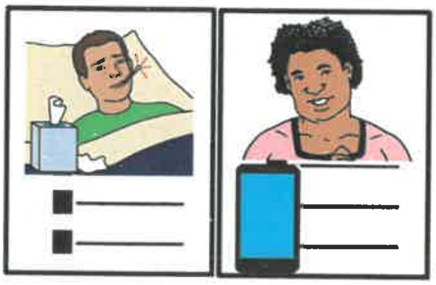
The plans say

- what help you need
- how to get the right help
- where to get help from.

Plans for each day

You need help each day. The person who helps

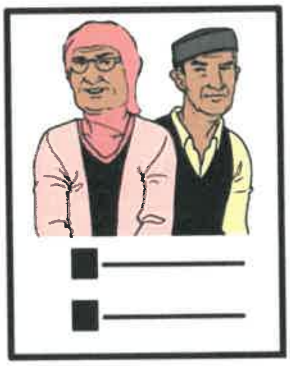
- may get sick
- goes on holidays
- does a different thing.



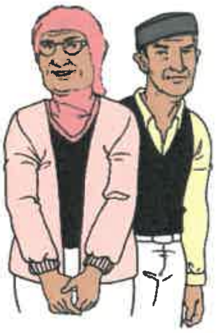
You still need the help. Like to get dressed.

Write in your plan

- the things these people do
- other people who can do this
- their phone number.



Your plan for the future



You may live with your parents.

They will get old.

You need to think what help you will need.

Write a plan of every thing they help with. Like

- drive you to work

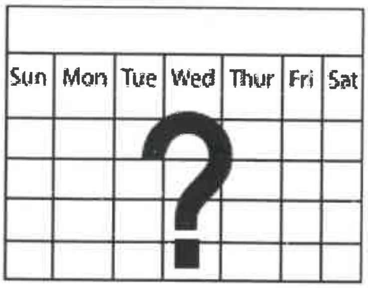
- help you dress
- help you wash.

They may

- help you clean yourself
- cook all your meals
- help you eat.

They may also

- wash your clothes
- clean your room
- clean the house
- mow the lawns.



Think about what you need

- each day. Like you need help with each meal
- 1 time a week. Like you go to the shops
- 1 time a month. Like you go to the movies.

You can start to have new people to help.

Your parents can show the new people

- what you need
- how you like things to be done.

Cerebral Palsy
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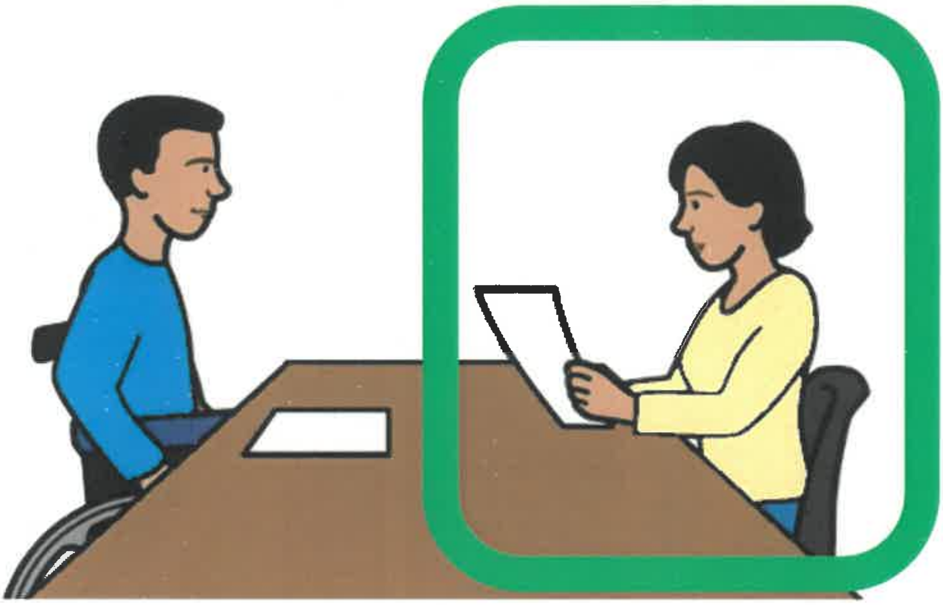


You need help

to make big choices

It is hard for you to make choices.

You can get help.

You may have a person to

- help you make choices
- make choices for you.

They are called a guardian.

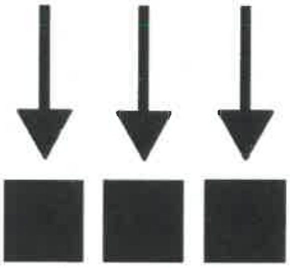
Guardian

This person makes big choices for you.

It may be hard for you to do this.

It may be 1 time only

Or



It may be all the time.

It is for the big choices. Like

1. Your health choices.

   Your doctor or dentist says

   - you need new pills
   - you need an operation.

2. Who you live with.
3. Where you live.

4. People to help you do things each day. Like

   - to shop
   - to clean.

A guardian can look after your money.

They give you some money each week.

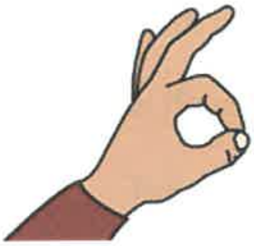
You spend it on any thing you want.

And

They choose what big things you spend money on. Like

- your rent
- things for your home

- a holiday.



You need to trust this person

Your family trusts this person.

You trust them to make the right choices for you.

More information

Australian Guardianship and Administration Council.

Website www.agac.org.au

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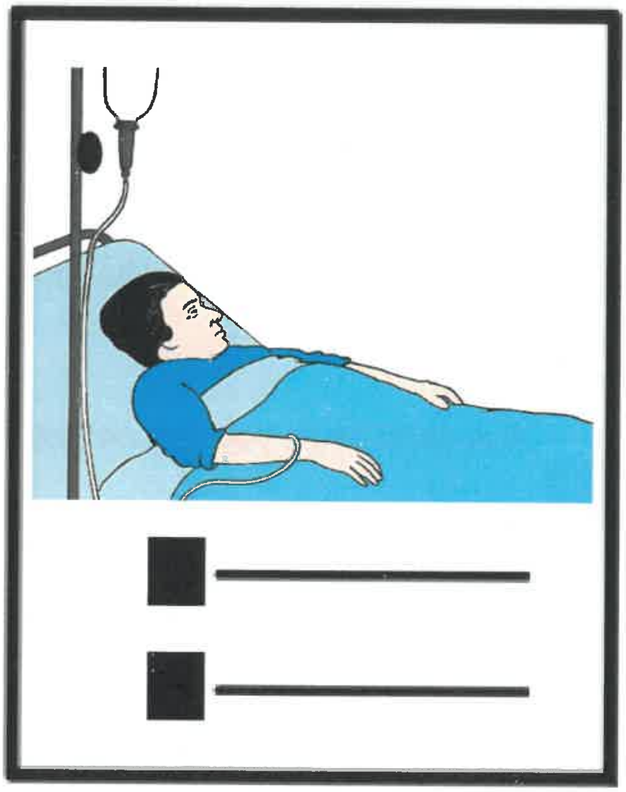

You get very sick.

You have a plan

You get sick. You may get very very sick.

You need a plan.

It tells other people what you want.

It says what you do **not** want.

It is called an **Advanced Care Directive.**

Your plan is only used when you are very very sick.

It is used when you can **not** tell people what you want.

Your plan says

- what you want the doctors to do

  and

- when you want it.

Tell your doctor about this plan.

The plan can tell people

- what is important to you
- who can make choices for you. Like your sister.

Your plan says what you want.

Like you want help for pain.

Your plan says what you do **not** want.

Like you do **not** want a tube to breathe.

You make the plan now. You are **not** sick.

Each person must do what your plan says.

You need help to make the plan.

Talk to a person you trust. Like

- a nurse
- a social worker.

Some people can **not** make this plan.

You do **not** understand what the choice means.

This may be some people with an

intellectual disability.

You may need to talk to a lawyer.

They can write the plan.

It says what you want

It is the way the law needs it to be.

More information.

Advance Care Planning Australia can help.

Website www.advancecareplanning.org.au.

Cerebral Palsy
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You plan for the future

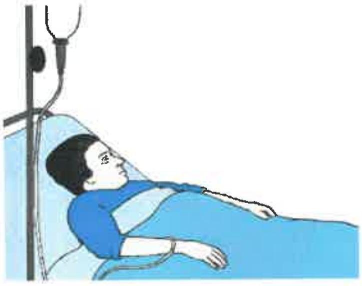
Lots of things can happen in life.

We do **not** always know

- what will happen

or

- when it will happen.



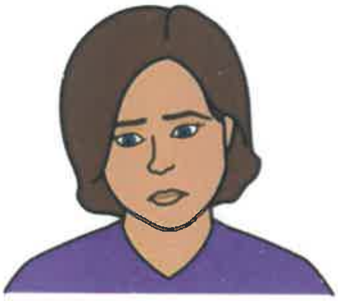
Some things can take you by surprise. Like

- you get sick
- you can **not** make choices

or

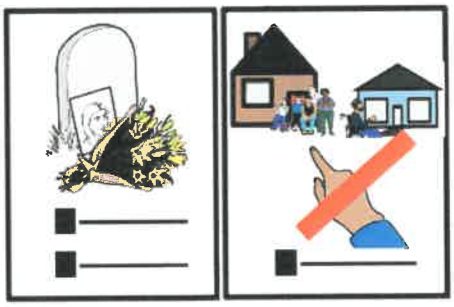
- you have less money to live on.

We all die.



These things can be sad to think about.

What can help?



It is good to have legal papers.

They say what you want. You write

- your will
- what you want when you can **not** make choices.

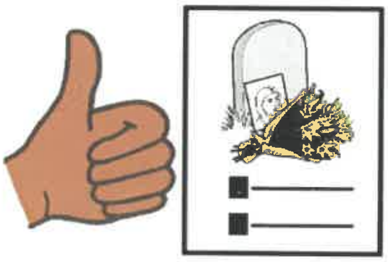
Other people close to you know

- what you want
- what to do.

Your Will

It is a legal paper.

It says what you want to happen when you die.



You need a Will that is

- clear
- up to date.

Check it still says what you want.

Check your Will

- every 5 years
- when there is a big change.

  Like you get married.

You can get help to do your Will. Talk to a lawyer.

They check your Will

- says what you want it to
- follows the rules about Wills.

Write in your Will

- who gets your things
- who gets your money

- who will look after your
  - children
  - pets.

You can write your own funeral plan.

Help to make choices.

They are your Power of Attorney

This person can make big choices with you. Like

- to buy big things. It may be new car
- things to do with the law.

You choose your power of attorney.

It may be

- a brother
- a sister
- a person you trust.

The law says it is OK.

Or

You can **not** choose.

The law makes the choice for you.

They are a person you trust.

It is a person who knows you. The person

- pays your bills
- pays for things you need.

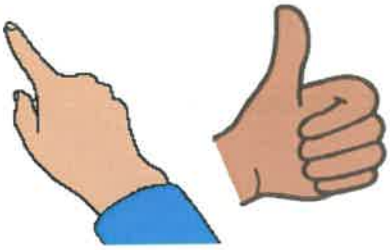
The person uses your money to buy things

- you need. Like a new washing machine
- you want. Like a holiday.

The person makes good legal choices for you.

Like their choices make your life better.

There are 2 different Powers of Attorney.



1. General Power of Attorney.

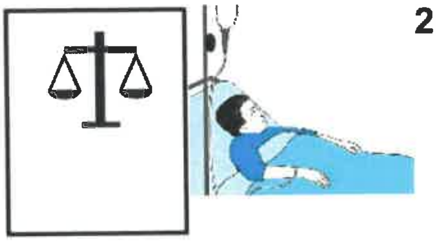
The person makes your choices.

It is for a short time only.

Like you go to hospital for surgery.

You get well.

You make your own choices again.

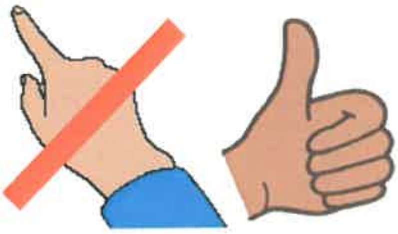


2. Enduring Power of Attorney.

It is for when you are very sick **only**.

You may be sick for a long time.

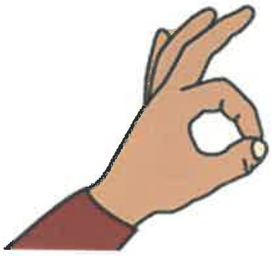
You may **not** be able to make a choice again.



You can **not** make your own choices.

You choose this person when you are well.

It is before you get sick.



The person says yes.

They agree to make choices for you.

Talk to your lawyer. Tell them

- what you need to do
- who you want to make choices for you.

Your lawyer

- tells you your rights
- writes the legal paper.

You want more information about

- wills
- power of attorney.

Website www.moneysmart.gov.au

Click on the search button.

In the blue search window type **wills**

Click on **Wills and powers of attorney.**

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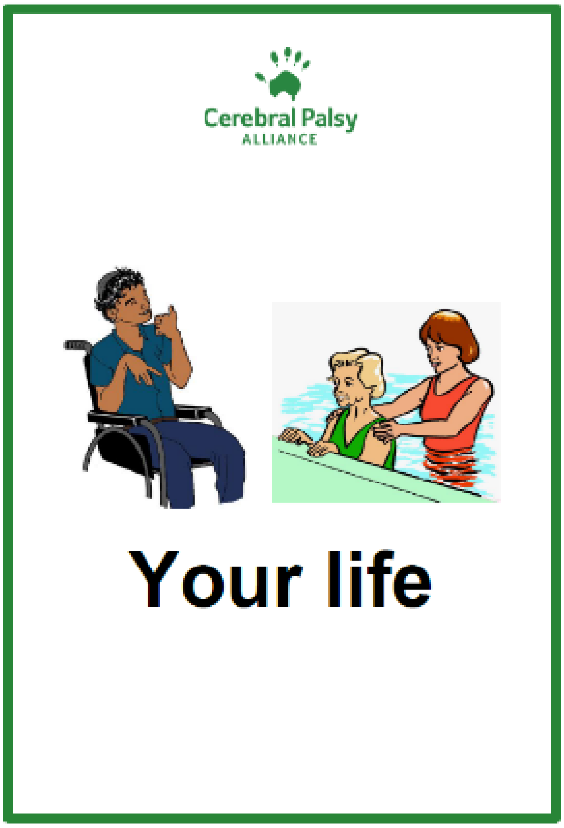
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Your life

About this book

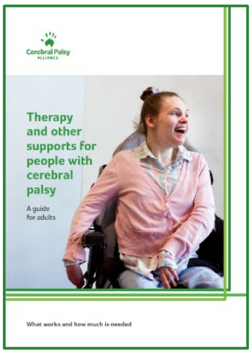
Special thanks to

- Marc
- Noah.

They read fact sheets.

They talked about the images.

Their ideas are in all these fact sheets.



Cerebral Palsy
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Therapy
and other
supports for
people with
cerebral
palsy

A guide
for adults

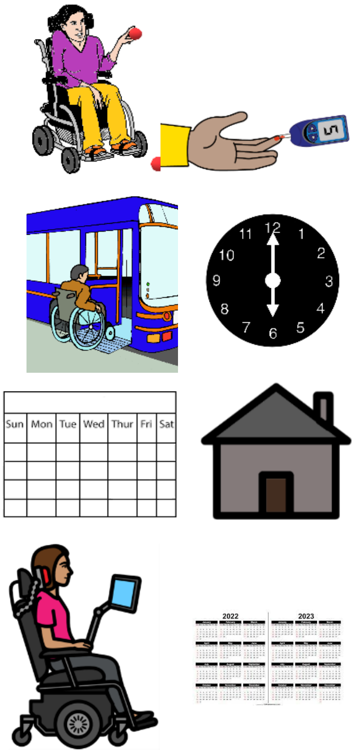
What works and how much is needed

The fact sheets are based on

Therapy and other supports for people with cerebral palsy. A guide for adults.

Cerebral Palsy Alliance. January 2022

Images



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These logos are from Cerebral Palsy Alliance

- Cerebral Palsy Alliance
- PEERS.

Access Easy English wrote the Easy English.

June 2022.