



Family Checklist

Questions that are often asked or discussed by family members who are supporting people with physical disabilities. Supporting someone with a physical disability as they get older, whether it involves just physical support or support in all aspects of their life, presents unique challenges for all members of the family. This checklist is useful for anyone supporting a family member with a physical disability.

Visit futurethinking.abilitycentre.com.au for more information.



Please note that this checklist is a guide only and should not replace a thorough assessment completed by health professionals.

Question	If you answer...	It is recommended you...
Do you know what your diagnosis is?	No	<ul style="list-style-type: none"> Find out what your diagnosis is and what it means. Write it down. See your GP, specialist or therapy team for information. Visit the Future Thinking website for information.
Do you know your past medical history?	No	<ul style="list-style-type: none"> Find out what your past medical history is and what it means. Keep a list. See your GP, specialist or therapy team for information. Visit the Future Thinking website for information.
Do you know what surgery you have had and why you had the surgery?	No	<ul style="list-style-type: none"> Find out what surgery you have had or are planning to have and what it means. Keep a list. See your GP, specialist or therapy team for information. Visit the Future Thinking website for information.



Family Checklist cont.

Question	If you answer...	It is recommended you...
Do you feel you need a break at times from your role as a carer?	Yes	<ul style="list-style-type: none"> • Explore ways to have a break. • Visit the Future Thinking website for more information and links to options. • Speak to your family member's planner about your needs. Look at employing support staff to help you or respite options out of the home. • See your social worker or psychologist.
Would you like your family member to have more options to get out and about without you?	Yes	<ul style="list-style-type: none"> • Explore ways for your family member to get out and about with other support. • Visit the Future Thinking website for more information and links to options. • Speak to your family member's planner about possible options. Look at employing support staff to help you or support options out of the home.
Do you need more help in the home?	Yes	<ul style="list-style-type: none"> • Consider asking for help from support staff to help you. • Visit the Future Thinking website for information and links to options available. • See your family member's therapy team for a full review of your family member's needs. • Discuss your difficulties and what you need with your family member's planner to know what supports you would need to include in your family member's plan.
Do you need modifications to your home to make it more accessible?	Yes	<ul style="list-style-type: none"> • Visit the Future Thinking website for information and links to options available. • See your family member's occupational therapist for a full review of your family member's needs.
Are you thinking about moving to or building a more accessible home?	Yes	<ul style="list-style-type: none"> • Visit the Future Thinking website for information and links to options available. • See your family member's occupational therapist for a full review of your family member's needs. • Discuss your plan with your family member's planner to know what supports you would need and plan for these.

Family Checklist cont.

Question	If you answer...	It is recommended you...
Do you have a plan for the future living arrangements for your family member?	No	<ul style="list-style-type: none"> Consider the future living arrangements for your family member. Visit the Future Thinking website for information and links to options available. See your family member's occupational therapist for a full review of your family member's needs. Discuss your plan with your family member's planner to know what supports you and your family member would need and plan for these.
Does your family member want to move out of the family home?	Yes	<ul style="list-style-type: none"> Visit the Future Thinking website for information and links to options available. See your family member's occupational therapist for a full review of your family member's needs. Discuss your plan with your family member's planner to know what supports are needed and plan for these.
Do you have or need an accessible vehicle for transport?	Yes	<ul style="list-style-type: none"> Visit the Future Thinking website for information and links to options available. Review your vehicle and modifications regularly. Liaise with your family member's planner to know what supports you need and plan for these.
Do you know how to access transport for your family member if they cannot easily use standard vehicles or public transport?	No	<ul style="list-style-type: none"> Visit the Future Thinking website for information and links to options available. See your family member's occupational therapist or social worker for a full review of your family member's needs and recommendations.
Does your family member participate in a meaningful activity during the week?	No	<ul style="list-style-type: none"> Visit the Future Thinking website for information and links to options available. Speak to your family member's planner about possible options. Look at employing support staff or enrol in specific programs to help your family member participate in a meaningful activity each week.

Family Checklist cont.

Question	If you answer...	It is recommended you...
Do you have concerns about your family member's health and wellbeing?	Yes	<ul style="list-style-type: none"> • See your family member's GP for regular reviews. • See your family member's allied health team like therapists for regular reviews and referral to other allied health professionals if required. • Speak with your family member's planner about your concerns to plan for the support they need. • Visit the Future Thinking website for information and links to options available.
Do you know what your family member needs to do now to make sure they can participate in activities they want to as they get older?	No	<ul style="list-style-type: none"> • Visit the Future Thinking website for information and links to options available. • Book your family member in to see their GP for regular reviews. • Book your family member in to see their allied health team like therapists for regular reviews and referral to other allied health professionals if required. • Speak with your family member's planner about your concerns to plan for the support they need.
Do you know how you are going to support your family member as you and they get older?	No	<ul style="list-style-type: none"> • Visit the Future Thinking website for information and links to options available. • Book your family member in to see their GP for regular reviews. • Book your family member in to see their allied health team like therapists for regular reviews and referral to other allied health professionals if required. • Speak with your family member's planner about your concerns to plan for the support they need.
If you need to make all the important decisions for your family member, do you have a plan for who will make these decisions into the future?	No	<ul style="list-style-type: none"> • Visit the Future Thinking website for information and links to options available. • Speak to your family member's GP.

Family Checklist cont.

Question	If you answer...	It is recommended you...
Do you feel tired and overwhelmed with having to care for your family member?	Yes	<ul style="list-style-type: none"> • See your family member's social worker and / or psychologist to discuss your concerns. • See your GP for support. • Speak to your family member's planner about your concerns. Consider employing support worker's to help you. • Visit the Future Thinking website for information and links to options available.
Do you think that your family member's needs and wants are being met?	No	<ul style="list-style-type: none"> • Speak to your family member's planner, services coordinator, GP, therapy team or social worker about your concerns. • Consider the support of advocacy agencies. • Visit the Future Thinking website for information and links to options available.
Have you noticed any changes in your family member's ability to do any activity or task?	Yes	<ul style="list-style-type: none"> • Take action. See your family member's physiotherapist, occupational therapist, speech pathologist and / or GP for a full review. • Visit the Future Thinking website for information and links to options available.
Has there been a sudden change in ability or how your family member reacts each day?	Yes	<ul style="list-style-type: none"> • Take action immediately. See your family member's GP or physiotherapist, occupational therapist or speech pathologist as soon as possible. • Important! Sudden and big changes in ability can be a medical emergency. Go direct to your closest emergency department. • Visit the Future Thinking website for information and links to options available.
If your family member has complex physical needs, do they have supports in place for all aspects of their day and night?	No	<ul style="list-style-type: none"> • Speak to your family member's planner to discuss all aspects of your family member's day and night to organise all supports required. • See your family member's social worker and therapy team for recommendations on what supports would best suit your family member. • Ask for yearly reviews of all supports including equipment and assistive technology by your family member's therapy team. • Visit the Future Thinking website for information and links to options available.