

Transitions Related to Health

A Note to Consumers, Parents, Families, Health Professionals And Community Support Services

There are many times of transition across the lifespan. In addition to transitions related to mobility decline, many people with physical disabilities experience a decline in health.

Declines in health often mean that day-to-day activities must be completed in different ways.

For many people with physical disabilities, health transitions are confronting: for young adults, for example, not being able to do the activities they enjoy, having to use equipment or asking people for assistance can be very challenging.

By staying in touch with health professionals in both the hospital and community setting, small problems with health can be managed to prevent long term or bigger issues.

When health transitions impact lifestyle, health professionals can assist in establishing ways to enjoy life while maintaining good health; in many cases, this simply means enjoying activities in a new or slightly different way.



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

