



## To do the things you want to do...

- Get to know your body's needs.
- Be prepared.
- Stay engaged with health and therapy services.
- Get to know what may happen in the future.
- Have a yearly health assessment with your GP.
- Have a yearly physiotherapy assessment.
- Have a yearly review of your home and community access with an occupational therapist.
- Have a swallowing review with a speech pathologist every year if you are at risk, or older than 30.
- See health professionals for support with communication, mental wellbeing or diet.



## Need more information?

Visit the Future Thinking website for information on living with disability including fact sheets, checklists, recommendations and templates.

[futurethinking.abilitycentre.com.au](http://futurethinking.abilitycentre.com.au)

**Future Thinking**



## Living well with physical disability

Resources for adults and teenagers with cerebral palsy and similar physical disabilities.





**Do you have cerebral palsy or a similar physical disability?**

**Do you want to learn more about what life with a physical disability will be like as you get older?**

**Do you support someone with a physical disability?**

Resources are available to help people with cerebral palsy and similar physical disabilities understand what they need to know about living with their disability across the lifespan.

# Living with disability

**Living with physical disability is a lifelong journey.**

As people get older the impact of ageing is felt. For the wider community ageing is felt from the age of about 60.

People with physical disabilities can start to feel sore, tired and as though they are generally slowing down from as early as 30.

When starting to feel changes associated with ageing, people with disabilities often comment that they wish they had known more about ageing sooner, and that they had information on hand to help them to prepare.

**This website offers information that will help prepare and plan for the future.**

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**It's always OK to ask for help.**

## Monitoring

Regular consultations with health professionals means that small problems or changes can be picked up early before they become big problems.

## Understanding the process

Understanding the ageing process can help you to cope with changes as they happen.

Seeking support can help you understand the best steps to take to manage ageing, and when these steps need to be taken.

## Being prepared

Being prepared will allow you to continue to do the things you enjoy, as you age.