

Adults – 26 to 40 Years

The needs of people with physical disabilities vary depending on age.

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The mid-adult years are a time to explore how to maintain abilities without experiencing too much pain or fatigue. The need to find balance in all parts of life and regular consultation with health professionals for timely support is very important.

Actions recommended...

- As needs change, continue planning for the supports needed – What is required to maintain good health? What is needed in the home, community and for work and recreation?
- Consult a GP on current health needs
- Consult the health professional team on future goals and confirm the steps needed to maintain good health and activity levels, and remain pain free
- Consult a GP and physiotherapist yearly for monitoring regardless of abilities
- Consult a speech pathologist for regular swallowing reviews from 30 years of age – seek advice on risk factors and how often reviews should be performed
- Consult an occupational therapist yearly to review daily activities and equipment and assistive technology needs
- Consult a dietitian if maintaining a healthy weight range is challenging
- Consult all other health professionals as often as recommended – request an assessment if unsure who to see or how often
- Seek help for pain and tiredness – these should never be ignored
- Consult a social worker and/or psychologist regarding any worries or concerns



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



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