

# Young Adults – 18 to 25 years

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

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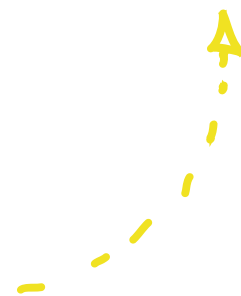
Young adulthood is a time for exploring the new adult world and increased independence in life and health care; for some, it can also be a time when abilities such as walking start to deteriorate due to decreased strength and increased weight. The need to keep seeing health professionals for timely support is very important.

### Actions recommended...

- It is essential that planning for the support needed in adulthood continues – What is needed to maintain good health? What support is required in the home, community and for work and recreation?
- Transfers from child health services to a GP and adult health services should be completed, request all referrals be actioned
- Continue to develop your understanding of what your diagnosis means for you and what you need to do as you get older
- Consult a GP and physiotherapist for monitoring yearly regardless of abilities
- Consult a dietitian if maintaining a healthy weight range is challenging
- Consult all 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



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