

# General Checklist

Questions that are often asked by people with physical disabilities about all areas of their life.

Visit [futurethinking.abilitycentre.com.au](http://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 have any pain?	Yes	<ul style="list-style-type: none"> <li>Don't ignore it. Seek help. Find the cause. Treat it.</li> <li>See your GP, physiotherapist or other health professional.</li> </ul>
Do you feel tired more than what others around you seem to be?	Yes	<ul style="list-style-type: none"> <li>Find ways to manage your energy. Seek help. Find the cause. Manage it.</li> <li>See your GP, physiotherapist and occupational therapist.</li> </ul>
Do you have trouble walking?	Yes	<ul style="list-style-type: none"> <li>Find out why. Discuss different options for getting from A to B over different distances.</li> <li>See your physiotherapist.</li> </ul>
Do you fall, trip, stumble or have near misses?	Yes	<ul style="list-style-type: none"> <li>Find out why. Treat it.</li> <li>If the changes have been sudden, see your GP or physiotherapist as soon as possible.</li> <li>If the changes have occurred slowly, see your physiotherapist.</li> </ul>
Do you have trouble standing?	Yes	<ul style="list-style-type: none"> <li>Find out why. Treat it.</li> <li>See your physiotherapist.</li> </ul>
Do you have trouble transferring or has your ability to transfer changed?	Yes	<ul style="list-style-type: none"> <li>Find out why. Find better ways to transfer.</li> <li>If the changes have been sudden, see your GP or physiotherapist as soon as possible.</li> <li>If the changes have occurred slowly, see your physiotherapist and occupational therapist.</li> </ul>
Do you move independently?	No	<ul style="list-style-type: none"> <li>Consider how the people who support you will help you to move and position every day to prevent pain, discomfort and health problems later in life.</li> <li>See your physiotherapist and occupational therapist.</li> </ul>

## General Checklist cont.

Question	If you answer... It is recommended you...
Do you use or have trouble using any of your aids, equipment or other assistive technology?	<p><b>Yes</b></p> <ul style="list-style-type: none"> <li>• Have all aids, equipment and other assistive technology reviewed every year.</li> <li>• See your occupational therapist, physiotherapist and / speech pathologist.</li> </ul>
Do you get regular chest infections?	<p><b>Yes</b></p> <ul style="list-style-type: none"> <li>• Discuss a team approach to the management of your health.</li> <li>• See your GP for health management.</li> <li>• See your physiotherapist for respiratory health management.</li> <li>• See your physiotherapist and occupational therapist for positioning and movement strategies.</li> <li>• See your speech pathologist for swallowing reviews.</li> <li>• See your dietitian for nutrition options.</li> </ul>
Do you have any difficulties when you eat or drink?	<p><b>Yes</b></p> <ul style="list-style-type: none"> <li>• Find out why and find ways to safely eat and drink.</li> <li>• See your speech pathologist for swallowing reviews.</li> <li>• See your occupational therapist for aids that may help you.</li> </ul>
Do you cough when you eat or drink?	<p><b>Yes</b></p> <ul style="list-style-type: none"> <li>• Don't ignore coughing. Find out why. Treat it.</li> <li>• See your speech pathologist for swallowing reviews and recommendations.</li> </ul>
Do you have any concerns about your teeth or trouble brushing your teeth?	<p><b>Yes</b></p> <ul style="list-style-type: none"> <li>• Look after your teeth. Find ways to brush properly.</li> <li>• See your dentist regularly.</li> <li>• See your speech pathologist and occupational therapist.</li> </ul>
Are you underweight?	<p><b>Yes</b></p> <ul style="list-style-type: none"> <li>• Find ways to increase your weight to a healthy range.</li> <li>• See your dietitian for diet recommendations.</li> <li>• See your speech pathologist for swallowing recommendations.</li> </ul>
Are you overweight?	<p><b>Yes</b></p> <ul style="list-style-type: none"> <li>• Find ways to decrease your weight to a healthy range.</li> <li>• See your dietitian for diet recommendations.</li> <li>• See your physiotherapist for physical activity recommendations.</li> </ul>
Do you have any trouble sleeping?	<p><b>Yes</b></p> <ul style="list-style-type: none"> <li>• Find out why and make the changes.</li> <li>• See your GP for a full health review.</li> <li>• See your occupational therapist and physiotherapist to review your sleep environment.</li> </ul>

## General Checklist cont.

Question	If you answer...	It is recommended you...
Do you have trouble communicating with those around you?	Yes	<ul style="list-style-type: none"> <li>Find ways to communicate that suit you.</li> <li>See your speech pathologist.</li> </ul>
Do you have or would you like a communication system either in paper or electronic forms or both?	Yes	<ul style="list-style-type: none"> <li>Have regular reviews to update your systems or create new systems.</li> <li>See your speech pathologist.</li> </ul>
Do you have difficulty using your hands that is different from before?	Yes	<ul style="list-style-type: none"> <li>Find out why.</li> <li>If there is a sudden change, seek help from GP or physiotherapist as soon as possible.</li> <li>If changes have been happening slowly, see your occupational therapist or physiotherapist.</li> </ul>
Do you have difficulty with any of the following: bathing, showering, using the toilet, grooming, meal preparation, cooking, eating, drinking, cleaning, washing, accessing parts of your home?	Yes	<ul style="list-style-type: none"> <li>Seek help to either have someone else support you to do these activities or to improve your independence.</li> <li>See your occupational therapist.</li> <li>Speak to your planner. Look at employing support staff to help you.</li> </ul>
Do you have difficulty accessing or participating in physical activities, recreation or leisure activities?	Yes	<ul style="list-style-type: none"> <li>Seek help to either have someone else support you to do these activities or to improve your independence.</li> <li>Speak to your planner. Look at employing support staff to help you.</li> <li>See your physiotherapist.</li> </ul>
Do you have trouble getting out and about using public transport, taxis, private vehicles or your own vehicle?	Yes	<ul style="list-style-type: none"> <li>Seek help to either have someone else support you to do these activities or to improve your independence.</li> <li>Speak to your planner. Look at employing support staff to help you.</li> <li>See your occupational therapist and social worker.</li> </ul>

## General Checklist cont.

Question	If you answer...	It is recommended you...
Do you feel sad, worried or anxious?	Yes	<ul style="list-style-type: none"> <li>• Don't ignore these feelings. Seek help.</li> <li>• See your psychologist and / or social worker.</li> <li>• If you are in crisis, seek help immediately by either contacting your current psychologist or social worker, calling Lifeline 13 11 14 or presenting to a hospital emergency department to keep yourself safe.</li> </ul>
Do you think you have the support you need?	No	<ul style="list-style-type: none"> <li>• Be honest about the support you need in all parts of your life. It is ok to ask for help.</li> <li>• Speak to your planner about the areas in your life that you need help. Look at employing support staff to help you.</li> <li>• See your social worker and occupational therapist.</li> </ul>
Do you think that those who support you understand what your wishes are now and into the future?	No	<ul style="list-style-type: none"> <li>• Be clear to those who support you about what your wishes are.</li> <li>• Seek advocacy support if you need help making your wishes clear.</li> <li>• See your social worker or other advocacy agencies.</li> </ul>
Do you have a plan for what the future holds for you?	No	<ul style="list-style-type: none"> <li>• Start thinking about your future needs in all parts of your life and put in place a plan. Share your plan with those in your support network.</li> <li>• Speak with your planner.</li> <li>• Support from all health professionals can help you to know what is required for your health, movement, education, employment, home, daily support, recreation and leisure and retirement.</li> </ul>
Do you have any trouble accessing or participating at school, university, TAFE or similar or at your work place?	Yes	<ul style="list-style-type: none"> <li>• Find ways to access and participate.</li> <li>• Speak to the education setting or workplace to find out what the options are.</li> <li>• See your occupational therapist and social worker.</li> </ul>