

Planning: Questions to Consider

This list of questions, while not exhaustive, can be useful in helping to identify your health and wellbeing needs. Being healthy and having a well-balanced life is important to enable you to do the things that you want to do – the questions below can assist with forward planning.



My Home

- Is your current living situation working for you? What is your long term plan?
- Do you have funding or savings to use if you are considering a change in your living situation?
- Do you have support in the home to do your daily tasks? Is it enough?
- Do you participate in home tasks? Do you want to do more? Do you want more help for tasks because you can't do something or you have no energy left for other activities?
- Do you need any equipment to help you around the home?
- Do you manage your own budget? Do you need help? Do you want someone to help you or do it for you?
- Do you need any help with personal care (e.g. showering, dressing, toileting)?
- Do you need any help with cleaning, shopping or cooking?
- Do you need any help with maintaining your home e.g. gardening?

Activities / Recreation / Leisure / Community Participation

- What does a typical day look like?
- Do you receive support to do the things you want to each day? Is it enough?
- Do you have funding for the support to do the things you want to each day? Is it enough?
- Do you have equipment to do the things you do each day? Is it meeting your needs?

- What do you enjoy? Share this with your planner and those who support you.
- Are there activities you want to do but can't? Would support or therapy or equipment help you do these activities?

Mobility

- How do you move? How do you transfer?
- Do other people help you? Do you use equipment? Can you do what you want to do?
- Do you experience any pain?
- Are you tired? Are you exhausted at the end of the day even when you haven't done very much?
- Can you move about in chairs or your bed?

Planning: Questions to Consider cont.

- Can you get to places you need to at home and in the community?
- Do you exercise or complete any extra physical activity?
- Have you been reviewed at least yearly by a physiotherapist and an occupational therapist?

Communication

- Do you have trouble telling people your needs and wants?
- Do you use any tools whether they be in paper form or a communication device?
- Do you have trouble understanding others?
- Do you have trouble with reading and writing?
- Have you considered a review with a speech therapist to assist you?
- Have you had any equipment reviewed by a speech therapist?

Mealtimes and Nutrition

- Do you have any trouble with eating or drinking?
- Do you cough when eating or drinking?
- Do you use thickened fluids?
- Do you have modified food textures?
- Do you have a mealtime plan to help you know what you can and can't swallow?

- Have you been reviewed at least yearly by a speech therapist if you have any swallowing problems?
- Do you have a balanced diet?
- Do you have any weight problems e.g. underweight or overweight?
- Do you have a specialised diet?
- Do you have a PEG or similar?
- Do you have a diet plan?
- Have you been reviewed by a dietitian?
- Do you need any specialised equipment or other supports to use when eating and drinking?
- Have you been reviewed by an occupational therapist?

Sleep

- Do you have trouble sleeping?
- Do you have any pain overnight?
- Are you comfortable in your bed?
- Have you spoken to your GP or specialist about your sleeping?
- Have you been reviewed by an occupational therapist and / or physiotherapist?

Social and Emotional Needs / Mental Health

- Do you have any concerns about how your mental health or social and emotional needs are met each day?
- Do you need support?
- Have you seen a psychologist and / or social worker?

Education / Work

- Do you have support to go to school or uni or TAFE or other educational setting?
- Do you need equipment or more support to do what you want to do?
- Are there any access problems?
- Do you need support from therapists to assist you to do what you want to do?

General Health:

- Do you have good health?
- Are your needs being met?

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