

Transitions Related to Mobility

A Note to Consumers, Parents, Families, Health Professionals And Community Support Services

There are many times of transition across the lifespan but research has identified two major transition periods in the life of an adult with cerebral palsy (CP) related to their mobility: the first occurs at around 20 to 25 years of age; the second generally at around 40 to 45 years of age.



Clinically, health professionals note that regardless of ability, people with physical disabilities experience difficulties during these periods.

20 to 25 years

The first age peak is often associated with an increase in a bent knee walking pattern, known as progressive crouch gait. People may find themselves not being able to keep up with their peers within the community, workplace or academic setting.

40 to 45 years

The second age peak of 40 to 45 years coincides with further difficulties to participate, often due to increasing fatigue, pain and faster than normal joint degeneration that can make walking very difficult.

The use of wheeled or powered mobility equipment is an option many people may seek at this time.

Awareness and planning

Awareness and planning well before the two major transition periods is a very important part of maintaining independence and lifestyle. A review by a physiotherapist before these critical times is highly recommended, to:

- Assess mobility
- Put in place preventative strategies to help avoid or reduce changes in movement ability, including strengthening programs, equipment prescription, referrals for investigations, self-management strategies, review of workplace or task specific ergonomics, gait retraining or modifications to movements

- Refer to other allied health and medical professionals for further support.

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

