



Your Cerebral Palsy Health Checklist

A checklist to help you think about your health and talk to your general practitioner and other health professionals

This checklist can help you talk about your health and wellbeing with your General Practitioner

**You can also use it
with other health
professionals, such
as physiotherapists,
speech pathologists,
occupational
therapists, or nurses**

It was co-created by people
with cerebral palsy (CP)
and health experts.

It is evidence-informed and
practical, based on what
people with CP say is
important in their health
care.

Accessible and Easy Read
versions are also available.

Use it your way!

The checklist covers many topics, but not everything
will apply to everyone.

It is flexible and you can:

- use one section or many sections
- do a little at a time
- come back to it whenever you like, or when things change
- skip parts that are not right for you

You can use it to

- get ready for an appointment
- check in on your health once or twice a year
- focus on one issue, such as pain or sleep
- explain your needs to a new health professional

How can it help me?

People have different health needs, and these can
change over time.

This checklist can help you:

- think about your health and wellbeing
- work out what matters most to you
- plan what you want to talk about at your appointment
- explain your health concerns
- make sure important issues are not missed

How does it fit with my health care?

This checklist is a tool to help you. It does not replace
medical care or check-ups.

Your general practitioner (GP) or health professional will
still do assessments, give medical advice, and provide
treatment.

Where to start

Start with the [Getting Ready for Your
Appointment](#) section.



Your Health Topics

Click on one of the topics to get started

You can choose one or many topics that are right for you



Getting ready for your appointment

Steps to help you get ready for your GP or other health professional appointment



My CP Health Plan

Your health plan, what matters most to you, and next steps



Issues that affect most people with CP

Common health problems for people with CP



Issues that affect many people with CP

Other health problems that some people with CP may have



Personal health

Changes in your body, sexuality, and sexual health



Mental health

Mental health changes, problems, and concerns



Everyday activities

Managing everyday activities more easily and safely



Supports and social life

Supports for daily life and relationships



Preventive care

Check-ups, tests, screenings, vaccinations, and healthy choices



Health assessments and supported decision-making

Health checks and help to make decisions



Disability financial support and assistance

Money support, pensions, and permits



Useful services

Finding health professionals for your health, support, or everyday needs



Getting ready for your appointment

Use these steps to **guide you** through getting ready for your appointment.



Step 1

Complete your checklist

- ✓ Fill out your checklist and complete the sections that are right for you.
- ✓ You can fill it out on your own or get help from someone you trust.



Step 2

Make an appointment

- ✓ If you need to talk about more than one issue, book a longer GP appointment.
- ✓ Standard appointments are usually 10 minutes. Long appointments can be up to 30 minutes.



Step 3

What to take to your appointment

- ✓ Your completed checklist.
- ✓ Medication you are using, medication lists, care plans, or other health information.
- ✓ Your Medicare card and any other concession cards.
- ✓ A support person if you would like support in the appointment.



Step 4

At your appointment

- ✓ Talk about any of your health concerns.
- ✓ Your GP can help with referrals or care plans.
- ✓ Other health professionals can help with treatment, therapy, and support



Step 5

After your appointment

- ✓ Use the 'after my appointment' and 'for my next appointment' sections in this checklist to write what you talked about.
- ✓ Save a copy for future appointments.

You can ask for a longer appointment time if you have a lot to talk about and take a support person with you if it helps

Will there be a cost?

Check with your GP clinic or visit their website to find out if your appointment will be bulk billed or if there will be a fee.

Do you have a concession card?

If you have a Health Care Card or receive the Disability Support Pension, ask your GP clinic whether you are eligible for a discounted fee.

Free Medicare-funded health check

You may be eligible for a free Medicare-funded health check each year if you have an intellectual disability or are Aboriginal or Torres Strait Islander.





My CP Health Plan

As you go through the checklist **write down any concerns, or things you want to discuss** and plan what you want to do next.

My Details

Name

Date

Date of birth

If someone helped you complete this checklist, please write their name and their relationship to you:

Name

Relationship



If you are helping or answering for someone with CP, please answer based on that person's experiences and needs.

Before my appointment

Things I would like to talk about with my GP or other health professional

1.

2.

3.





My CP Health Plan

After my appointment

What did my GP or other health professional and I decide? What treatment, tests or referrals did we talk about?



For my next appointment

Is there anything you didn't talk about at your appointment? Write it down here so you can discuss it at your next appointment.





Issues that affect most people with CP

If you have pain, feel very tired (fatigued), have trouble sleeping or if these things have changed you can talk about them with your GP or health professional.

Mark the options that are true for you. For each question, select Yes, No, or Unsure. You can also mark if you'd like to talk about it with your GP.

Pain, tiredness, and sleep problems can also affect how you feel. Feeling sad, worried, or stressed can make these problems worse. If you've been feeling this way, fill in the Mental Health section as well

Pain

	yes	no	unsure	talk to GP
Is pain bothering you?	☐	☐	☐	☐
Has this pain been getting worse?	☐	☐	☐	☐



Pain can occur anywhere in your body. It may last a short time or a long time. Explaining where your pain is and how it feels helps your GP find the right treatment. You can read more about how to describe pain in the [CP-Pathfinding webpage](#).

Sleep

	yes	no	unsure	talk to GP
Are you having any trouble sleeping, such as finding it hard to fall or stay asleep, or not feeling rested?	☐	☐	☐	☐
Has your sleep changed recently?	☐	☐	☐	☐



Sleep problems can be caused by pain, anxiety, depression, muscle stiffness (spasticity), medications, sleep apnoea, or things in your environment. Finding and managing the cause can help you sleep better.

Fatigue

	yes	no	unsure	talk to GP
Do you often feel very tired or worn out, even after resting?	☐	☐	☐	☐
Has your level of tiredness (fatigue) changed recently?	☐	☐	☐	☐



You can feel tired (fatigued) mentally or physically. It can be caused by pain, poor sleep, or health problems related to CP such as muscle stiffness, or joint, breathing, and digestive issues. Knowing the cause can help your GP give you the right support.





Issues that affect many people with CP

Mark the options that are true for you. For each question, select Yes, No, or Unsure. You can also mark if you'd like to talk about it with your GP.

Oral health care

	yes	no	unsure	talk to GP
When was your last dental check-up?				
Do you have pain in your teeth, mouth, or jaw?	☐	☐	☐	☐
Do you have other problems with your teeth, mouth, or jaw, such as trouble biting, chewing, chipped or crooked teeth?	☐	☐	☐	☐
When you visit the dentist, do you have problems with swallowing or gagging during the examination?	☐	☐	☐	☐



DID YOU KNOW?

People with CP may face challenges with dental and oral health. Discussing your care with a dentist can prevent problems.

Saliva control

	yes	no	unsure	talk to GP
Do you have trouble with too much saliva or find it hard to control manage/control your saliva?	☐	☐	☐	☐
Has this changed recently?	☐	☐	☐	☐



DID YOU KNOW?

Problems with your teeth, mouth, or acid reflux can change how much saliva you have and its smell.



TOP TIPS

A speech pathologist can help with swallowing and choking problems, and saliva control. Your GP can also help with medication.

Respiratory

	yes	no	unsure	talk to GP
Have you had chest or breathing problems in the past 12 months, such as coughing, wheezing, or chest infections?	☐	☐	☐	☐
Did it take longer than usual to get better?	☐	☐	☐	☐
Is it happening more often than before?	☐	☐	☐	☐



DID YOU KNOW?

People with CP have a higher chance of having breathing problems. You might get lots of chest infections, including pneumonia, or breathe food or drink into your lungs (aspiration). These problems are more likely if you don't move around or exercise much. It's important to get help early if you have concerns.





Issues that affect many people with CP

Epilepsy

	yes	no	unsure	talk to GP
Do you have epilepsy?	☐	☐	☐	☐
If yes, when was your last seizure?				
Has your medication been reviewed in the last 2 years?	☐	☐	☐	☐



DID YOU KNOW?

Epilepsy can change over time, and your medicine might need to change too. Make sure your medicines are reviewed every 2 years.

Movement

	yes	no	unsure	talk to GP
Has your movement, balance, stiffness or muscle spasms changed recently or become harder to manage?	☐	☐	☐	☐
What supports do you currently use to manage movement, balance or stiffness?				
Tick all the boxes that apply to you				
☐ Therapy and/or exercise				
☐ Devices (such as orthotics, splints, braces, walking aids, wheelchair)				
☐ Medicines or injections (such as Botox)				
☐ Other (describe here):				
Would you like any of your supports reviewed?	☐	☐	☐	☐
Have you noticed changes in how you walk such as feeling unsteady, not being able to walk as far, or needing help?	☐	☐	☐	☐
Have you had any falls in the last 3 months?	☐	☐	☐	☐
Are you falling more often?	☐	☐	☐	☐



DID YOU KNOW?

CP can affect your muscles, movement, and balance. Pain and stiffness in your back, hips, and knees are common and may increase as you get older. Problems with movement and balance increase your risk of falls.

TOP TIPS

Your GP can review your muscles and joints. A physiotherapist can check how you move and if walking aids might help. A falls assessment by a physiotherapist or occupational therapist is useful to check your balance, strength, walking, and home safety. Regular physiotherapy can help you keep moving well, monitor changes over time, and address problems early.

Skin care

	yes	no	unsure	talk to GP
Do you have skin problems such as redness, rashes, sores, or pressure areas?	☐	☐	☐	☐





Issues that affect many people with CP

Bone health

	yes	no	unsure	talk to GP
Have you ever had a fracture or a broken bone?	☐	☐	☐	☐
Have you ever had a bone scan such as a DEXA or similar?	☐	☐	☐	☐



DID YOU KNOW?

People with CP have a higher chance of weak bones. This is because they may move less, have weaker muscles, or have difficulty eating enough of the foods needed for strong bones. Some medications can also affect bone health. Bone scans check your bone health and show your risk of breaking a bone.

Gut health

	yes	no	unsure	talk to GP
In the past 12 months, have you had heartburn (a burning feeling in your chest or throat) or stomach acid coming up into your mouth after eating or when lying down?	☐	☐	☐	☐
Has this been happening more often?	☐	☐	☐	☐
Have you had stomach pain, bloating, or changes in your bowel function recently?	☐	☐	☐	☐



DID YOU KNOW?

CP can affect gut health leading to issues such as trouble swallowing, acid reflux, abdominal pain and constipation. Your GP can help and may refer you to a gastroenterologist (a doctor who specialises in digestive health) for treatment if needed.

Bladder and bowel

	yes	no	unsure	talk to GP
Have you had problems with constipation, incontinence (leaking), or pain or discomfort when using your bowels or passing urine?	☐	☐	☐	☐



DID YOU KNOW?

People with CP often experience bladder and bowel problems such as incontinence, constipation, bladder control problems, or urinary tract infections. These can occur at any age and may become more noticeable during puberty, ageing, or after surgery. A GP can help manage these symptoms. A continence specialist can also support you and help create a care plan.

Podiatry

	yes	no	unsure	talk to GP
Have you seen a podiatrist in the last 6 months to assist with foot pain, footwear, walking or personal care?	☐	☐	☐	☐



DID YOU KNOW?

A podiatrist can assess how your feet, muscles and joints affect walking, balance and mobility. They can also help manage foot pain, recommend footwear or orthotics, and support foot care. Regular reviews can help manage changes in muscle tone and improve comfort and stability.





Personal health

Taking care of your personal health is an important part of living well. In this section you do not have to answer anything that makes you feel uncomfortable. What matters most is that you feel respected and in control.

If you have concerns or want more information, talk to your GP, health professional or someone you trust to give you clear and helpful advice

Mark the options that are true for you. For each question, select Yes, No, or Unsure. You can also mark if you'd like to talk about it with your GP.

Changes in your body

yes no unsure talk to GP

Do you have any questions or worries about puberty, ageing or other changes in your body?

☐ ☐ ☐ ☐



For more information about puberty and ageing you can visit my CP Guide

- [Information on sexual health for 18-29](#)
- [Information on sexual health 30-55+ years](#)

Sexuality and gender identity

yes no unsure talk to GP

Do you have any concerns about your sexual feelings, sexuality, or gender identity?

☐ ☐ ☐ ☐

Sexual health and safer sex

yes no unsure talk to GP

Do you have any concerns about your sexual function or sexual activity?

☐ ☐ ☐ ☐

Do you know how to protect yourself from sexually transmitted infections (STIs) and unplanned pregnancy?

☐ ☐ ☐ ☐

Do you have any questions about safe sex (for example condoms, dental dams, HIV, PrEP)?

☐ ☐ ☐ ☐

TOP TIPS

It's important to have the right information about your sexual health and gender identity. You can read more on the [My CP Guide: Sexuality and Gender for People with CP webpage](#). There are also free, confidential services you can contact:

- [1800 My Options](#)—for contraception, pregnancy options and sexual health
- [QLife](#)—a free, private phone and chat service for LGBTQ+ people





Personal health for Women

Depending on **your gender identity, body, health needs and circumstances**, you may find information in this section useful.

Trans and gender-diverse people should use the information that best meets their individual health needs and circumstances.

Menstrual (period) health

	yes	no	unsure	talk to GP
Do you have any concerns about your period?	☐	☐	☐	☐
Is it hard to manage your period? For example, using pads, cramps or pain, or how often your period comes.	☐	☐	☐	☐

Pregnancy and family planning

	yes	no	unsure	talk to GP
Would you like information about pregnancy, planning for it, being pregnant, or ways to prevent pregnancy?	☐	☐	☐	☐

Menopause and changes in your body

	yes	no	unsure	talk to GP
Have your periods recently changed or stopped?	☐	☐	☐	☐
Are you having hot flushes, mood swings, trouble sleeping or other concerns?	☐	☐	☐	☐



For people with CP, it's especially important to talk to your GP about hormone replacement therapy (HRT) with estrogen. People with CP are at higher risk of bone loss and broken bones, and estrogen may be needed to keep bones strong.

Other questions or concerns

Do you have any other questions or concerns about your personal health? Please write them below





Personal health for Men

Depending on **your gender identity, body, health needs and circumstances**, you may find information in this section useful.

Trans and gender-diverse people should use the information that best meets their individual health needs and circumstances.

Sexual health

	yes	no	unsure	talk to GP
Are you concerned about the health or function of your penis, including pain, changes, or other difficulties?	☐	☐	☐	☐

Testicular health

	yes	no	unsure	talk to GP
Do you know if both your testicles came down (descended) when you were a child?	☐	☐	☐	☐
Have you noticed any lumps, pain, or discomfort in your testicles?	☐	☐	☐	☐

**DID YOU KNOW?**

If one or both testicles don't move down into the scrotum during childhood, there is a higher chance of developing testicular cancer later. That's why GPs recommend regular checks and may suggest treatment to reduce this risk.

Prostate health

	yes	no	unsure	talk to GP
Have you had any problems with passing urine? For example, trouble starting, weak flow, needing to go often, or pain?	☐	☐	☐	☐

**DID YOU KNOW?**

Problems passing urine can be a sign of infection or prostate issues. It's important to notice this early to get the right help

Other questions or concerns

Do you have any other questions or concerns about your personal health? Please write them below



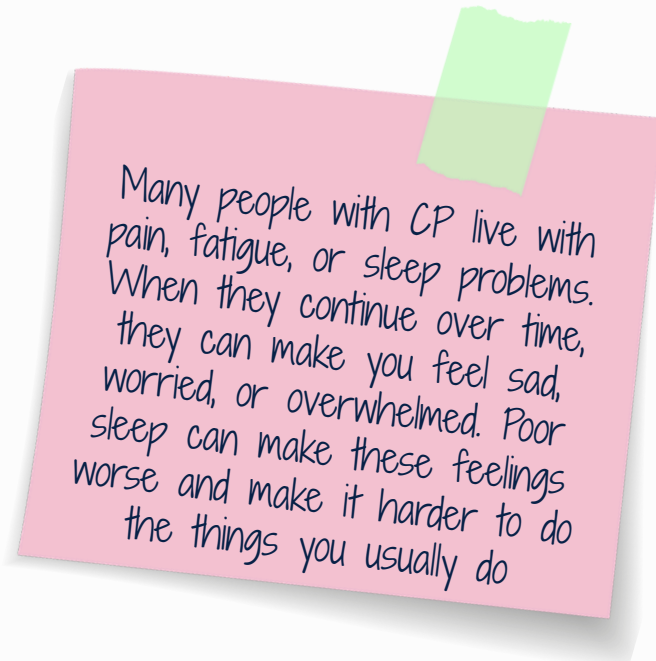




Mental health

Mental health conditions, including anxiety and depression, can happen to anyone at any time. It's important to talk about your mental wellbeing as part of your routine health care, even if you are already managing other health concerns.

Mark the options that are true for you. For each question, select Yes, No, or Unsure. You can also mark if you'd like to talk about it with your GP.



Changes in activities and socialising

	yes	no	unsure	talk to GP
Have you lost interest in activities you used to enjoy?	☐	☐	☐	☐
Have you been avoiding people more than before?	☐	☐	☐	☐



If you're feeling down, you may lose interest in activities you usually enjoy, such as seeing friends, exercising, going to work or attending a day program.

Emotions and mood

	yes	no	unsure	talk to GP
Have you been feeling more sad, annoyed, upset, frustrated, angry, or nervous than usual?	☐	☐	☐	☐
Have you been feeling not like your usual self over the last 6 months?	☐	☐	☐	☐



Understanding feelings can be hard. Sometimes we feel sad, worried, or confused, and may not know why. If you have been feeling sad or upset for a long time, it's important to talk about it. You don't have to deal with these feelings on your own. Your GP, or someone you trust, can help you understand what's going on and support you to feel better.

Thinking and concentrating

	yes	no	unsure	talk to GP
Have you been finding it harder to stay focused, concentrate or stay interested in things?	☐	☐	☐	☐



When we are struggling with our mental health, it can affect how we think. You might find it harder to concentrate or be more forgetful than usual.





Mental health

Noticing behaviour changes

yes no unsure talk to GP

Have you noticed changes in your body or behaviour, like feeling more restless or fidgety, or not smiling or laughing as much?

☐☐☐☐

Have you noticed changes in how you eat, sleep, or communicate?

☐☐☐☐

DID YOU KNOW?

When our mental health changes it can affect how we act and how much we want to eat. You might feel more restless or tired or eat more or less than usual.

Checking in on difficult thoughts

yes no unsure talk to GP

Have you been having thoughts that worry you or make you feel unsafe?

☐☐☐☐

DID YOU KNOW?

Many people have thoughts that worry them or make them feel unsafe at times. You don't have to deal with them alone, talk to your GP or another trusted health professional.

Getting help with your feelings

yes no unsure talk to GP

Would you like to talk to someone about how you are feeling?

☐☐☐☐

Learn more about mental health support at:

- [Headspace Australia](#)

My CP Guide also has information about CP and mental health support

- [Introduction to Mental Health \(Ages 18-30\)](#)
- [Introduction to Mental Health \(Ages 30-55\)](#)

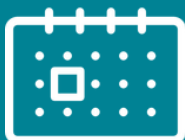


If these questions have made you or the person you are helping feel worried or upset, talking to someone you trust can help. You can also seek support from free services:

- Lifeline: 13 11 14, 24 hours, 7 days
- QLife: 1800 084 527, 3pm to midnight, 7 days
- Suicide Call Back Service: 1300 659 467, 24 hours, 7 days
- Beyond Blue: 1300 224 636, 24 hours
- Kids helpline (for children aged between 5-25): 1800 55 1800, 24 hours, 7 days

If you have ongoing concerns, please speak to your GP or attend a walk-in clinic. If it is an emergency, please call 000.





Everyday activities

Mark the options that are true for you. For each question, select Yes, No, or Unsure.

Changes in independence (what you can do by yourself)

yes no unsure

Has anything changed in what you can do by yourself? For example, is it harder to dress, eat, use the bathroom or toilet?

☐☐☐

If yes, what has changed?

Tools to help me communicate

yes no unsure

Do you have difficulties with communication, such as being understood by others or expressing yourself clearly?

☐☐☐

If yes, what difficulties do you have? For example, problems with speech, fluency, or language

Has your communication changed recently?

☐☐☐

Would you like more information about communication aids or devices?

☐☐☐

DID YOU KNOW?

A speech pathologist can help with communication difficulties. They can check your speech and language, suggest ways to make it easier to be understood, and help with communication aids, such as speech-generating devices or communication boards.

Tools or equipment to help me move

yes no unsure

Do you have the mobility equipment you need to help you get around?

☐☐☐

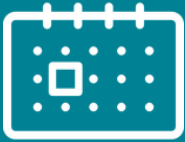
If yes, when was your equipment last reviewed?



DID YOU KNOW?

If your equipment such as orthotics, walking aids or a wheelchair feels uncomfortable, is broken, or no longer helps as it used to, talk to your physiotherapist or other health professional. They can review it or organise adjustments, repairs or new equipment.





Everyday activities

Tools to help me eat (including swallowing)

	yes	no	unsure
Have you noticed any changes in how you eat, such as finding it harder to chew or swallow, or needing more time or help to eat?	☐	☐	☐
Do you cough or choke when you eat or drink?	☐	☐	☐
Do you have any special nutritional needs?	☐	☐	☐
Are you on a special diet (such as soft or pureed food)?	☐	☐	☐



DID YOU KNOW?

A speech pathologist can help if you have trouble swallowing, eating, or drinking, or if it takes more time or help than usual. They can check for swallowing or choking problems, suggest ways to make eating easier and recommend equipment to help you eat and drink safely.

Tools to help me dress and shower

	yes	no	unsure
Do you need help with showering, bathing or dressing?	☐	☐	☐
Has the help you need with dressing or showering changed recently?	☐	☐	☐
Who supports you with showering, bathing or dressing?			
Is there any help or equipment you need that you don't have?	☐	☐	☐
If yes, please list what you think you might need			



DID YOU KNOW?

An occupational therapist can provide advice and suggest equipment to help with daily tasks. This may include eating, dressing, showering, using the toilet, transferring, and moving around.

Tools or equipment to help me use the toilet

	yes	no	unsure
Have there been any changes in how you use the toilet, such as needing more help, more time, or having difficulty getting to the toilet?	☐	☐	☐



TOP TIPS

If you need help with going to the toilet, an occupational therapist, continence specialist or nurse can advise on equipment and strategies.





Supports and social life

Connecting with others is important for your wellbeing. When answering, think about how pain, tiredness, or changes in movement affect your daily life.

Mark the options that are true for you. For each question, select Yes, No, or Unsure.

Talking about your relationships and the support you have can help your health professional support you to stay connected

Hobbies and connections

	yes	no	unsure
Do you have activities or hobbies that you enjoy?	☐	☐	☐
Are there things that you used to do with others but can't do now?	☐	☐	☐
If yes, what makes it hard to do this? For example, transport access, confidence, health.			
Do you have support to help you with everyday activities?	☐	☐	☐
If yes, who are your support people? For example, family, friends, health professionals			
Would you like more support from health professionals or support services to do the things you want to do? (for example, from a support worker, physiotherapist, occupational therapist, speech pathologist, psychologist or social worker).	☐	☐	☐
Do you want to improve or have more relationships with others?	☐	☐	☐



DID YOU KNOW?

Allied health professionals, including occupational or physiotherapists, can suggest ways to enjoy old and new hobbies. Your GP can give advice or referrals if you want to try new activities.

Medications and substances

	yes	no	unsure
Are you taking any medications?	☐	☐	☐
If yes, what are they?			
Have you recently made changes to your medications?	☐	☐	☐
If yes, what are they?			
Do you smoke or vape?	☐	☐	☐
If yes, how often?			





Supports and social life

Medications and substances

	yes	no	unsure
Do you drink alcohol?	☐	☐	☐
If yes, how often?			
Do you use medicinal cannabis or CBD oil?	☐	☐	☐
If yes, how often?			
Do you use recreational drugs?	☐	☐	☐
If yes, how often?			



DID YOU KNOW?

Smoking and drinking alcohol can increase the risk of lung problems. They can also affect how some medications work or cause side effects. Sometimes medications are changed which can also affect how you feel. It's a good idea to talk to your GP if you have questions.



Need a little extra support?

If alcohol or other drug use is affecting you or someone you care about, support is available. You can talk to someone in confidence, ask questions, or explore your options at your own pace.

- **National Alcohol and Other Drug Hotline: 1800 250 015**
(available 24 hours a day, 7 days a week)
- **DirectLine (Victoria): 1800 888 236**
(24/7 confidential alcohol and other drug support)
- **Lifeline Australia: 13 11 14**
(24/7 crisis support)
- **Beyond Blue: 1300 22 4636**
(mental health information and support)

If you or someone else is in immediate danger or needs urgent medical help, call 000.





Preventive care

Preventive care helps you stay healthy and find problems early. It includes check-ups, tests, screenings, and vaccinations. Some health checks depend on your age, sex or gender.

Mark the options that are true for you. For each question, select Yes, No, or Unsure.

Adults with CP may have extra health needs. As part of preventive care talk with your GP about healthy choices and everyday lifestyle habits

Screening

Have you had these cancer screenings appropriate for your age in the last 2 years? Check with your GP which ones you need.

	yes	no	unsure
Cervical screening (Pap test)	☐	☐	☐



Who needs to have cervical screening? Women aged 25 to 70-74. Some other people may also need cervical screening. Ask your GP if you are unsure.

Breast screening (mammogram)	☐	☐	☐
Do you know how to check your breasts for lumps?	☐	☐	☐



Who needs to have breast screening? Women aged 50-74 years should have it and are eligible for free screening every two years. Some other people may need it too. Ask your GP if you are unsure.

Bowel screening (colonoscopy or stool test)	☐	☐	☐
---	-----------------------	-----------------------	-----------------------



Who needs to have bowel screening? All people aged between 45-74 years.



People aged 45 and over can do a free at-home bowel screening test. You can request a free bowel test from the [National Bowel Cancer Screening Program](#) or ask your GP for more information.

Prostate screening (PSA test or exam)	☐	☐	☐
---------------------------------------	-----------------------	-----------------------	-----------------------



Who needs to have prostate screening? Men need prostate checks. Some other people may need a check too. Have your first check at age 40. Then have a check every 2 years from age 50. Ask your GP if you are not sure.





Preventive care

Screening

Have you had these cancer screenings appropriate for your age in the last 2 years? Check with your GP which ones you need.

	yes	no	unsure
Skin cancer check	☐	☐	☐



Who needs to have a cancer skin check? Anyone who wants their skin checked.



Cancer screening helps find cancer early, often before symptoms start. Finding cancer early can make treatment more successful. Regular screening helps you stay well.

Immunisations

Are your immunisations up to date? Ask your GP if there are any immunisations you should get, either as a booster or for the first time

	yes	no	unsure
COVID-19	☐	☐	☐
Hepatitis A	☐	☐	☐
Hepatitis B	☐	☐	☐
HPV (Human Papilloma Virus)	☐	☐	☐
Influenza (flu shot)	☐	☐	☐
Measles, Mumps and Rubella	☐	☐	☐
Meningococcal Meningitis	☐	☐	☐
Pneumococcus	☐	☐	☐
RSV (Respiratory Syncytial Virus)	☐	☐	☐
Shingles/Herpes Zoster	☐	☐	☐
Tetanus/Diphtheria/Pertussis (Whooping Cough)	☐	☐	☐

Blood tests

	yes	no	unsure
Have you had recent blood tests to check for iron or vitamin D deficiency?	☐	☐	☐



Iron and vitamin D deficiency are common in CP. Blood tests can check your iron and vitamin D levels, as well as other aspects of your health depending on your individual needs.





Preventive care

Dietary support and weight management

yes no unsure

Are you worried about your diet or eating habits? For example not eating enough fruit or vegetables.

☐ ☐ ☐

If yes, what are you worried about? For example, are there things that make it hard for you to eat well?

Have you noticed recent significant weight gain or loss?

☐ ☐ ☐

Do you need help with your diet such as special meals, supplements, weight management or dietitian advice?

☐ ☐ ☐



DID YOU KNOW?

For people with CP, a healthy weight reduces pain and makes it easier to move. Eating well helps keep you healthy and lowers the risk of problems such as diabetes, heart disease, sleep apnoea, and bone and movement issues.

Physical activity

yes no unsure

Do you do regular physical activity or exercise?

☐ ☐ ☐

Are you doing both strength training and aerobic activity?

☐ ☐ ☐

Have you become more or less physically active in the last year?

☐ ☐ ☐

Would you like to discuss this with your GP or health professional?

☐ ☐ ☐



TOP TIPS

Staying active is important at every age. Pain, lack of time, mobility and other challenges can make it harder for people with CP to exercise. Talk to your health professional about what is getting in the way. They can help you find safe, simple ways to stay active. You can also find ideas on the [CP Pathfinding website](#).

Heart (cardiovascular) disease

yes no unsure

Have you had any screenings for heart and blood vessel health, such as blood pressure checks, cholesterol (lipid) tests, or an ECG (electrocardiogram – a test that checks the electrical activity of your heart).

☐ ☐ ☐



DID YOU KNOW?

People with CP have an increased risk of heart (cardiovascular) disease. Screening helps detect heart disease early and allows treatment to reduce serious complications.





Preventive care

Vision

	yes	no	unsure
Have you noticed any changes in your vision?	☐	☐	☐
Have you had an eye test to check your vision in the last 2 years?	☐	☐	☐



DID YOU KNOW?

People with CP are more likely to experience vision problems and may develop cataracts at a younger age. Regular eye checks can help detect vision changes and conditions early.

Hearing

	yes	no	unsure
Have you noticed any changes in your hearing?	☐	☐	☐
Have you had a hearing test in the last 2 years?	☐	☐	☐



DID YOU KNOW?

Hearing changes can happen slowly and are often easy to miss. Regular hearing checks can help find problems early and make sure you get the support you need if your hearing changes.





Health assessments and supported decision making

Mark the options that are true for you. For each question, select Yes, No, or Unsure.

Medicare health services

yes no unsure

Do you know you may be able to use Medicare for extra health support?

☐ ☐ ☐

This includes:

- Annual Health Assessment (for anyone with an intellectual disability)
- GP Chronic Condition Management Plan and 3 monthly plan reviews (for anyone with a chronic health condition including CP)
- Case Conference between the GP and other health professionals
- Medication review
- Mental health plan



DID YOU KNOW?

Medicare funded health options can help your GP check your health and get you extra help if you need it. Your GP can also set up health plans to help you see other health professionals, like a physiotherapist or dietitian, with some of the cost covered. Talk to your GP to find out what you can access.

Intellectual disability and decision-making supports

You can skip these questions if they do not apply to you

yes no unsure

Do you have someone who helps you understand choices about your health care, make decisions about your health and treatments, or goes with you to appointments?

☐ ☐ ☐

Do you have a Guardian, Administrator, or Medical Treatment Decision Maker (or similar legal support) who helps with important decisions about your daily life, money or health?

☐ ☐ ☐

TOP TIPS

The name for a legal decision-making arrangement changes depending on where you live. Some of the names for Guardians and other decision-makers in every state and territory are listed below. You can read more on the [Inclusion Australia & NDIA Supported Decision-Making Hub](#)

- **Australian Capital Territory:** Enduring Guardian, Enduring Power of Attorney
- **Queensland:** Guardian, Administrator, Medical Treatment Decision Maker
- **New South Wales:** Enduring Guardian, Enduring Power of Attorney, Person Responsible
- **Northern Territory:** Guardianship/Administration, Power of Attorney arrangements
- **South Australia:** Substitute Decision Maker for Health Matters, Financial Manager
- **Tasmania:** Enduring Guardian, Enduring Power of Attorney
- **Victoria:** Supportive Attorney, Medical Support Person, Medical Treatment Decision Maker, Enduring Power of Attorney
- **Western Australia:** Enduring Guardian, Enduring Power of Attorney





Disability financial support and assistance

Mark the options that are true for you. For each question, select Yes, No, or Unsure.

Financial Support

	yes	no	unsure
Are you receiving the Disability Support Pension (DSP)?	☐	☐	☐
Are you a participant in the National Disability Insurance Scheme (NDIS)?	☐	☐	☐
Are you having trouble getting the services you need?	☐	☐	☐

TOP TIPS

If you need help getting the supports or services you need, talk to your GP, allied health worker, or a local disability advocacy program.

You can also try these disability advocacy and support services to find help in your state or territory:

- [Disability Advocacy Network Australia \(DANA\)](#) - the national body for independent disability advocacy
- [People with Disability Australia \(PWDA\)](#) - offers help and advice on rights, the National Disability Insurance Scheme (NDIS), and disability services
- [National Disability Advocacy Program \(NDAP\)](#) - a government-funded program that gives you access to advocacy support
- [Disability Gateway](#) - an accessible website where you can find local advocacy services

Disability parking permit

	yes	no	unsure
Do you have a Disability (Mobility) Parking Permit?	☐	☐	☐
Would you like to ask your GP if you're eligible for one?	☐	☐	☐

Taxi Card

	yes	no	unsure
Do you find it hard to use public transport?	☐	☐	☐
Would you like to ask your GP about getting help with taxi costs?	☐	☐	☐

Companion card

	yes	no	unsure
Do you have someone who supports you to go out?	☐	☐	☐
Would you like to ask your GP if you are eligible for a Companion Card?	☐	☐	☐



DID YOU KNOW?

You may be able to get a permit or card to help when you go out. A Disability (Mobility) Parking Permit lets you park closer to places if you have a significant mobility or vision impairment. If you use a wheelchair or find it hard to use public transport, you may be able to get help with taxi costs. A Companion Card may allow a support person to attend events with you for free. Eligibility varies between states and territories. Speak with your GP, support coordinator or a disability service for more information.





How do I find health professionals that are right for me?



Start with your GP

- Your GP can help you work out what supports you need.
- They can refer you to other health professionals or services.

This information can help you find health professionals for your health, support, or everyday needs



Choosing the right health professional

- Look for someone with experience in disability or CP if you can.
- Call them or check their website to see if they're the right fit.
- If you are unsure about what kind of health professional you need you can use [The Health Professional & Symptom Matrix](#) to help you work it out.



Remember, it's your choice

- You do not have to use any service if you don't want to.
- Ask your GP or someone you trust if you're unsure which service to choose.



If you're an NDIS participant

- Talk to your Support Coordinator or Local Area Coordinator (LAC)
- They can help you find services, understand your plan, and connect with providers.



Resources and information to help you

- [My CP Guide](#): Trusted information, resources, and useful website links for people living with CP.
- [Disability Gateway](#): A website that helps people with disability, their families, and carers find information, support, and services.





How do I find health professionals that are right for me?

This table explains what support some of the different health professionals can offer and how to find them. Not all health professionals have experience with CP, so it's important to check before you make an appointment.

After you find a service or clinic, it's a good idea to call first and ask about what they can do and if they have experience supporting people with disability

Health Professional	What do they do?	How can I find them?
Dentist	A dentist helps keep your teeth, gums and mouth healthy. They can check for and treat dental problems, provide preventive care, give advice about oral health, and refer you to other dental specialists if needed.	The Australian Dental Association (ADA) has a Find a Dentist tool on its website to help you find a dentist in your area.
Dietitian	A dietitian is a health professional who can help you with food, nutrition, and healthy eating. They can give advice if you have trouble chewing, swallowing, or getting enough nutrients, and can help manage weight or special dietary needs.	Dietitians Australia has a Find a Dietitian tool on their website where you can search for Accredited Practising Dietitians (APDs) in your area.





How do I find health professionals that are right for me?

Health Professional

What do they do?

How can I find them?

General Practitioner (GP)

Your GP is usually your main health care provider. They can help with general health concerns, manage ongoing health conditions, prescribe medications, arrange tests, provide vaccinations, and refer you to other health professionals or specialists when needed. They can also help coordinate your overall health care.

You can use the [Service Finder](#) tool on the **healthdirect** website to find GPs and other health services in your area.

Remember, that when making an appointment, it's a good idea to ask about the GP's experience.

Neurologist

A neurologist is a doctor who can help people with CP by checking brain and nerve function, managing movement or muscle problems, and epilepsy.

Talk to your GP to help you find a neurologist. You can read more about neurologists by heading to the [Australian and New Zealand Association of Neurologists](#) website

Occupational therapist

An occupational therapist (OT) helps you with everyday activities, like getting dressed, using your hands, moving around safely, and finding equipment that makes life easier.

Occupational Therapy Australia (OTA) has a [Find an OT](#) directory on their website.

Orthotist

An orthotist assesses, designs and fits braces, splints and other devices to support your joints, muscles and movement. They can help improve comfort, mobility, stability and participation in everyday activities.

The Australian Orthotic Prosthetic Association (AOPA) has a [Find a Practitioner](#) tool on its website to help you find a certified orthotist in your area.





How do I find health professionals that are right for me?

Health Professional

What do they do?

How can I find them?

Orthodontist

An orthodontist is a dental specialist who helps with teeth that are not straight or jaws that don't line up. They can help improve your bite, chewing, and smile.

Australian Society of Orthodontists (ASO) has a link to help you [Find a Specialist Orthodontist](#)

Physiotherapist

A physiotherapist can help you move your body more easily. They can support you with mobility, strength, balance, stretching, and reducing pain. They can recommend and arrange mobility aids.

Australian Physiotherapy Association (APA) has a [Find a Physio](#) on their website. This will help you find a physiotherapist in your area with expertise in disability or neurological practice.

Podiatrist

A podiatrist is a foot specialist. They help with problems like sore feet, toenails and how you walk. They can also help you choose the right shoes or supports for your feet.

Australian Podiatry Association (APodA) has a [Find a Podiatrist](#) section on its website

Psychologist

A psychologist can help you with your feelings, thoughts, and mental health. They can support you if you feel sad, stressed, worried, or need someone to talk to.

Australian Psychological Society (APS) has a [Find a Psychologist](#) search tool





How do I find health professionals that are right for me?

Health Professional

What do they do?

How can I find them?

Rehabilitation physicians

Rehabilitation physicians are doctors who specialise in helping people with long-term health conditions, including spasticity and movement difficulties. They may have a good network of health professionals to support you.

Talk to your GP to help you find a rehabilitation physician.

Speech pathologist

A speech pathologist can help you with communicating, understanding others, eating, and swallowing. They can also help you find communication tools.

Speech Pathology Australia has a [Find a Speech Pathologist](#) tool where you can search by location.



Credits

This checklist was developed with input from people with CP, family members, carers and supporters, health professionals, and subject matter experts.

Their experiences, insights and expertise helped ensure the content is relevant, practical and accessible.

We thank all contributors for sharing their time, knowledge and lived experience.

Funding

This resource was funded by the National Centre of Excellence in Intellectual Disability Health.

Acknowledgements

- Members of the Project Advisory Group
- Members of the Easy Read Working Group
- People with cerebral palsy, families and carers who contributed their lived experience
- Clinicians who participated in consultation and testing
- My CP Guide and Cerebral Palsy Australia
- Project team members and collaborators

Disclaimer

This checklist is designed to support conversations about health and wellbeing. It is not intended to replace professional medical advice, diagnosis or treatment. If you have concerns about your health, speak with your GP or another health professional.

Version information

Version 1.0 | August 2026

