



# **Your breathing**



You are any age.

You may be a young adult. Like

- 20
- 25.



You may be an adult. Like

- 31
- 45.



You may be more than 55 years old.

Like

- 58
- 75.



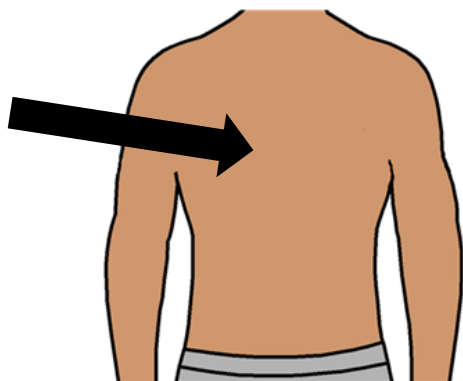
Some people have breathing problems.

**But**



You have cerebral palsy.

More people with cerebral palsy have breathing problems.



You may have chest problems. Like

- your heart
- your lungs.



Your lungs may **not** move well.

You have muscles.

They help you breathe.

They may be weak.

It can make it hard to breathe.



Your spine is **bent**. It is hard to move.

We call it scoliosis.

It can make it hard to breathe.



You may have problems with

- food
- drink.

Like they go down the wrong way.

It is at most meals.



It can make it hard to breathe.



You get sick. It is all the time.

You get a cold.

**But**

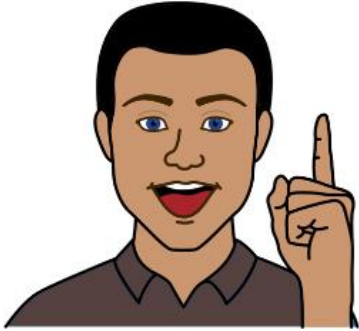


You get more chest colds.

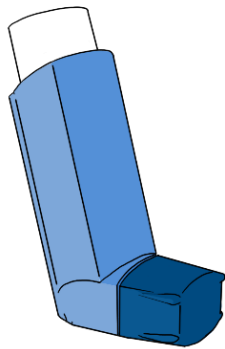
You may get very sick.

You may need to go to hospital.

Your lungs are sick. It is very bad.



## What can you do?



You may use a puffer.

It helps you to breathe.



You may have a machine.

It helps you breathe.



You can try things like

- float in the water
- go for a swim

**or**



- go to the gym.



These help you to

- cough
- breathe.





You can breathe better.



You may need to think about

- how you breathe

**and**



- how you talk.

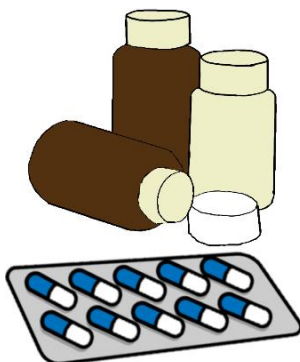


**What can you do?**



It is hard to breathe.

You need to see a doctor **now**.

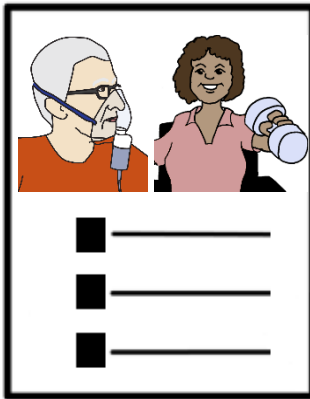


They may give you pills.



Talk to your health team. Like

- a physio
- a speechie.



You make a plan. It is to

- help you breathe
- do more things.



You want to do things you like.

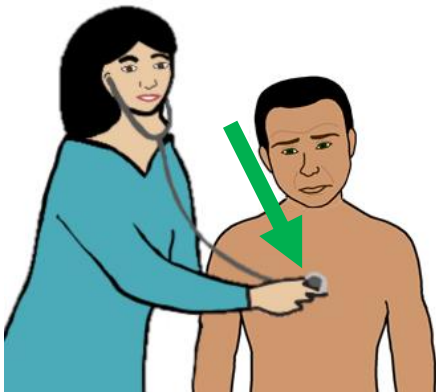
You may want to go to work.

**Or**



You want to do things for yourself.

Like you want to do your own shopping.



Your health team can check your lungs.

They do this each time you see them.



Talk to a physio.

There may be more things you can try.

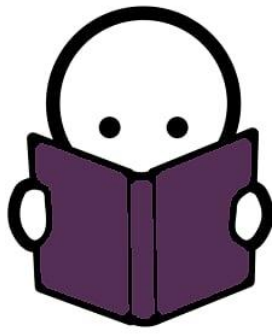
Like how you sit.



Talk to a speechie.

They can help with

- how you talk
- how you eat.

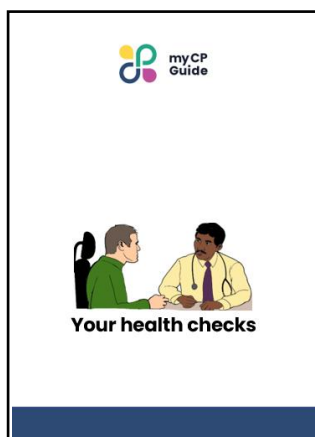


**You want to know more**



Read

**Your health team.**



Read

**Your health checks.**



Read

**Places to get help.**

Or

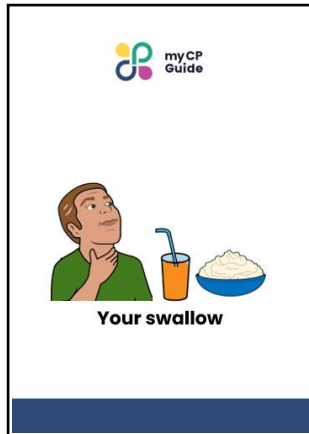


**Places to get help. You are old.**



Read

**You eat. You drink.**



Read

**Your swallow.**



Read

**You want to talk to people.**



Read

**Stay fit.**