



Your health checks



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.



You have cerebral palsy.

It is hard to move your body.

It is for all your life.

Your cerebral palsy does **not** go away.



You get old.

Some things can change. Like

- how you move.
- how you think.



You can live for a long time. Like you are

- 60
- more than 60.



You want to

- be part of your community
- stay well
- keep moving.



You may want to

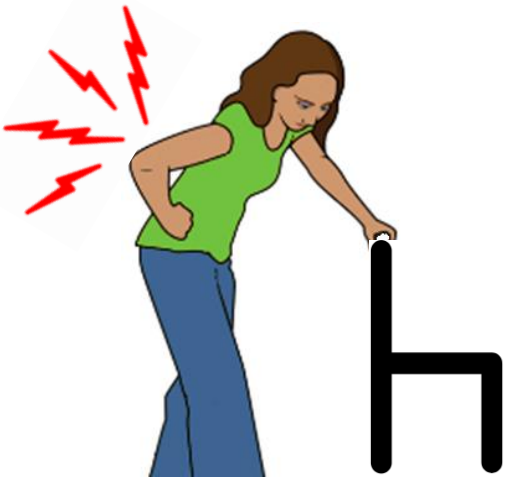
- finish your study. Like TAFE
- choose a job
- have a baby.



You have your health checks.

You get the right help.

You can get to your goals.



You may feel old. Like

- it is hard to walk now
- you have more pain
- you fall.

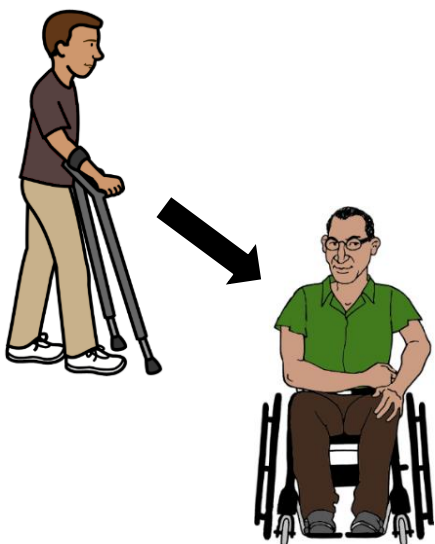
But



You are still young. Like you are 30.



Your teeth may have problems.



It can be hard to do some things.

You may need **more** help to move.

Like you had crutches.

You need a wheel chair now.



You can feel more tired.



You may need more help to

- eat
- drink.

Like you need help to hold your cup.



You may worry. You may feel sad.

You feel like this each day.



You may have problems at your job.

Like you use a wheel chair.

It is hard to move about at work.



What can you do?



Talk to your health team. It may be

- your doctors



- your therapists.



Talk about

- things that are hard for you now
- changes in your body.



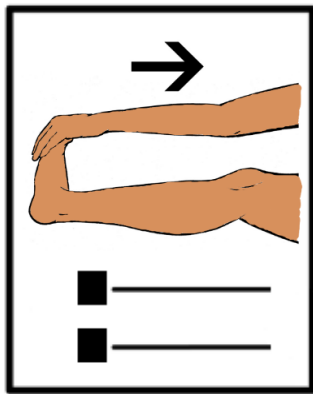
Talk to them each time

- there is a change
- things feel hard.

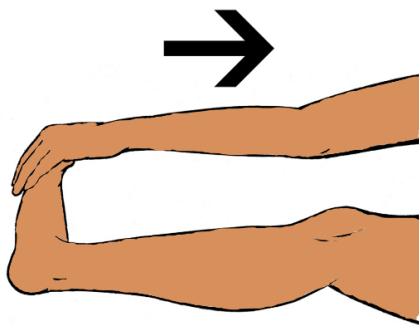


They tell you what can help. like

- therapy
- pills
- surgery.



They help you make a plan.



Your plan has things to help you **now**.

Like you have pain. Your legs are sore.

You plan to stretch your legs.

And



Things to stop **more** problems.

Like you cough. It is each time you eat.

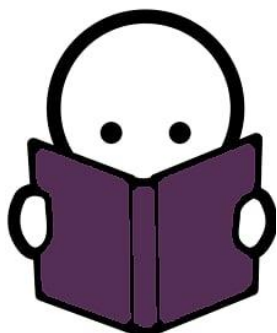


You do **not** want your food to get stuck.

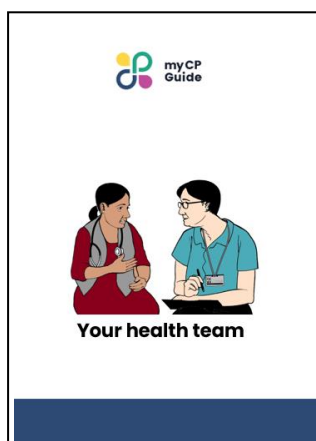
It can make you sick.



You plan to change your food.



You want to know more



Read

Your health team.



Read

Things to help you.

Or



You do things for yourself.

You are old.

Things to help you. You are old.