Getting started

Teenagers will have many different priorities as their needs change over time. To assist you to review, discuss or start planning ahead, it is important to have access to good information, resources and support.

Cerebral Palsy Alliance is committed to helping you look at how ready you and your family are for the future, to think about what you might need to work on and plan how you will do it.

Who is the Planner for?

This Planner is for teenagers who would like to take some time to review, build on or get a start on thinking about their future and the changes that might take place over time. People have told us that the key items in this Planner are typically important to everyone at some point in their lives, regardless of ability, experience or resources.

When getting started, parents may take a leadership role with their children. Over time where appropriate, we would encourage young people to gradually take increasing responsibility for goal setting and planning. Cerebral Palsy Alliance would encourage you to consider completing this Planner together with your parents or service team, so that you have the chance to talk about how you could work together to get ready for the future.

How do I complete the Planner?

1. The Planner is divided into key sections. Please take the time to read each section and discuss with your family before you meet with your service team.
2. Make a note of anything you and your family would like to discuss, review or get a start on planning for the future.
3. Discuss these priorities with your service team.
Over the last sixty years Cerebral Palsy Alliance has learnt many things from people with cerebral palsy and their families. Two things really stand out ... 

1. Having a family member with a disability can often have an impact on many different areas of your life 

2. Taking time out sometimes to think about and prepare for the future can assist people with cerebral palsy and their families to make decisions and put plans in place 

The Planner and the Transitions booklet are part of an information package developed by Cerebral Palsy Alliance to assist people with cerebral palsy and their families to think about and build on their plans for the future.

The resources include:

• Guidance on some of the areas that might be helpful to talk about or get more information and support on 

• Information on some of the transition points that might be helpful to consider prioritising when planning for the future 

• Useful contacts to assist you and your family

For parents of very young children, it is often information about cerebral palsy, and their child’s physical development and learning that is really important. For teenagers it might be school, relationships with friends and participating in activities that become more of a priority. As people with cerebral palsy get older, areas such as preparing to leave school, thinking about work opportunities, and moving out of home move to the top of the list.

Whatever your priority Cerebral Palsy Alliance is committed to helping you look at how ready you and your family are for the future, and to think about what you would like to review, discuss or start working on. The key areas in the Planner are typically important to most people at some point in their lives, and Cerebral Palsy Alliance is available to support you if you would find it helpful to talk to us about your priorities in any of these areas.
When do I review the Planner?
The decision to review the Planner is up to you. We suggest that it might be helpful to review it at least once a year or when you are coming to the end of your Individual Family Service Plan.

My main priorities
Many people have shared that it is difficult to work on everything all at once. All of your needs are important; however it is often helpful to identify the issues that are currently the highest priorities for you, i.e. what is most important.

This section is where you can write down what the main priorities are for you and when they will be most important for you to think about working on them.

Remember, there are no right or wrong answers. This is what feels important to you right now.

<table>
<thead>
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<th>Priority</th>
<th>Over the next few months</th>
<th>Over the next 12 months</th>
<th>Over the next few years</th>
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Most young people enjoy participating in activities in their spare time. People can enjoy doing activities alone (e.g. watching TV) or in a group (e.g. playing sport). Recreation and leisure activities can also be an opportunity to make new friends, feel good about yourself and have fun.

Possible things to think about:

- Holidays
- Hobbies
- Going out with friends or family
- Playing or watching sport
- Being able to go to places I want to go to
- Making friends
- Having a social life
- Other ...
People keep learning as they get older. Accessing the opportunities to learn can involve understanding your options, and finding the resources you need to help you with your learning.

Possible things to think about:

• Understanding my rights at school
• Choosing the right high school, TAFE or university
• Getting educational support (e.g. funding, teacher aides)
• Getting to school
• Participating in activities at school
• Making friends at school
• Changing to a new school
• Doing my schoolwork
• Using technology to help me learn
• Thinking about educational or work opportunities after school
• Other …
People who are important to me

Good relationships with people can help you feel happy and supported. They can also help you cope when life is hard. Important people include family members, friends, your teachers and carers.

Possible relationships to think about:

- Mum and Dad
- Brothers and sisters
- Aunties, uncles, cousins, grandparents
- Friends
- Therapists and doctors who help me
- Teachers
- Other cool people in my life ...
My physical health

Physical health means taking care of your body so you can do the things you enjoy doing.

Possible things to think about:

• Understanding my diagnosis and how it affects me
• Getting my message across
• Feeling happy about the way I eat and drink
• Getting to places I need to go (e.g. walking, using a wheelchair)
• Feeling comfortable to communicate with my therapists and doctors
• Getting enough sleep
• Pain
• Exercise and fitness
• Taking care of myself (e.g. dressing, toileting, cooking)
• Understanding puberty and how it will affect me and my disability
• Having someone to communicate with about sex
• Other ...
My feelings and emotions

Emotional wellbeing means that you can express how you feel and cope with difficult situations. This helps you to solve problems, notice how other people feel and accept what is happening in your life.

Possible things to think about:

• Dealing with my feelings
• Learning to manage my behaviour
• Feeling able to ask for help
• Learning to relax
• Building a support network around me (people I can talk to or ask for help)
• Understanding how to solve a problem
• Getting along with others
• Coping with my disability
• Dealing with bullying or peer pressure
• Other ...
Managing my money

As you get older, it is important to learn how to manage your money. This includes thinking about how to earn money, how to save your money and deciding how to spend it.

Possible things to think about:

• Spending money and saving money
• Opening a bank account
• Thinking about part time work or work experience
• Learning more about the Centrelink benefits that you may be eligible for
• Getting around on public transport
• Other ...
My spirituality

Spirituality can refer to many different things. Our beliefs, values and attitudes help us develop a sense of spirituality. Spirituality helps us to learn who we are and have meaning and purpose in our lives. There is no right or wrong way to express spirituality. But it is important to feel you have a way to express your spirituality.

Possible things to think about:
• What helps me make choices
• Sense of purpose
• Belonging to a group
• Sense of self and identity
• Having hope for the future
Who can support me with these priorities?

This section is where you can write down who might be able to help you with your priorities.

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________________________________________

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________________________________________

Note to parents/carers
Families have told us that their teenager’s intellectual abilities often affect how they plan for the future and how their teenager is involved with these plans. The skills your teenager will require for adult life will depend on their goals and future. Even if your teenager is not able to be fully independent, they will eventually leave school, and move to adult programs and services.

There may be some items in the Planner that you feel do not apply to your teenager. Challenge yourself, however, to think creatively about each item. Think about how you can encourage your teenager to make choices and actively participate in their life. Some items may be a reminder to you, as a parent, to take responsibility for these tasks. If you have any questions, talk to your teenager’s service team to find out how you can use this Planner to meet your teenager’s needs.

If you have questions about this Planner, or you need information or support, please contact the CP Helpline on 1300 30 29 20, visit our website www.cerebralpalsy.org.au or talk to your local service team.

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