

Planner for Parents



Getting started

Families will have many different priorities as their child's needs change over time. To assist families to review, discuss or start planning ahead, it is important to have access to good information, resources and support. Children may also need to develop new skills and take on new responsibilities as they get older.

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 might need to work on and plan how you will do it.

Who is the Planner for?

This Planner is for families who would like to take some time to review, build on or get a start on thinking about their child's future and the changes that might take place over time. Families have told us that the key areas in this Planner are typically important to everyone at some point in their lives, regardless of ability, experience or resources. Cerebral Palsy Alliance would encourage you to consider completing this Planner together with your Service Team, so that you have the chance to talk about how you could work together to prepare 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 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

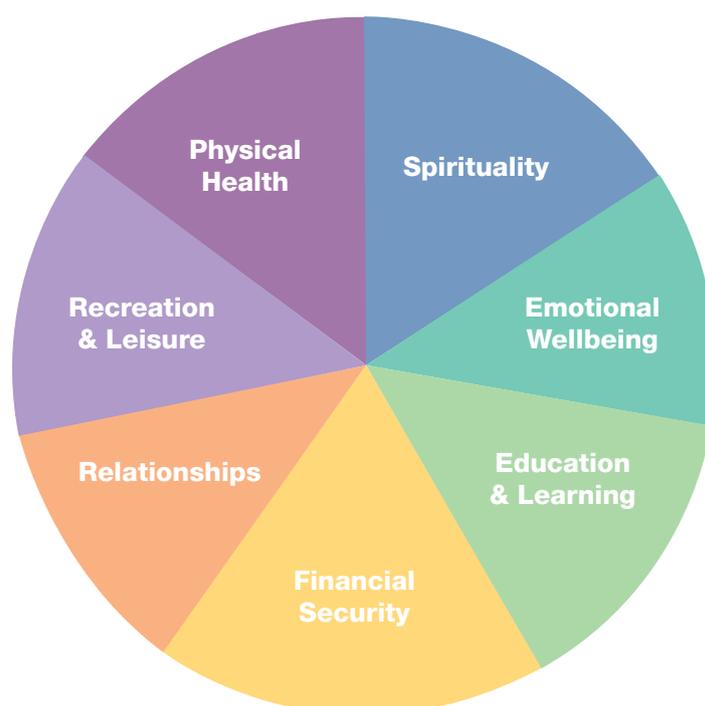
The *Planner* and the *Transitions* booklet are part of an information package developed by Cerebral Palsy Alliance to assist people with cerebral palsy and their families to think about and build on their plans for the future.

These 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 older children 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 an Individual Family Service Plan.

My child or family's main priorities

Many parents 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 and your family, i.e. what is most important.

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

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

	Priority	Over the next few months	Over the next 12 months	Over the next few years
1				
2				
3				
4				
5				

Physical health and wellbeing

Physical health refers to the wellbeing of your child's body as it relates to the way they can do the activities they want and need to do. This could include their medical and developmental needs.

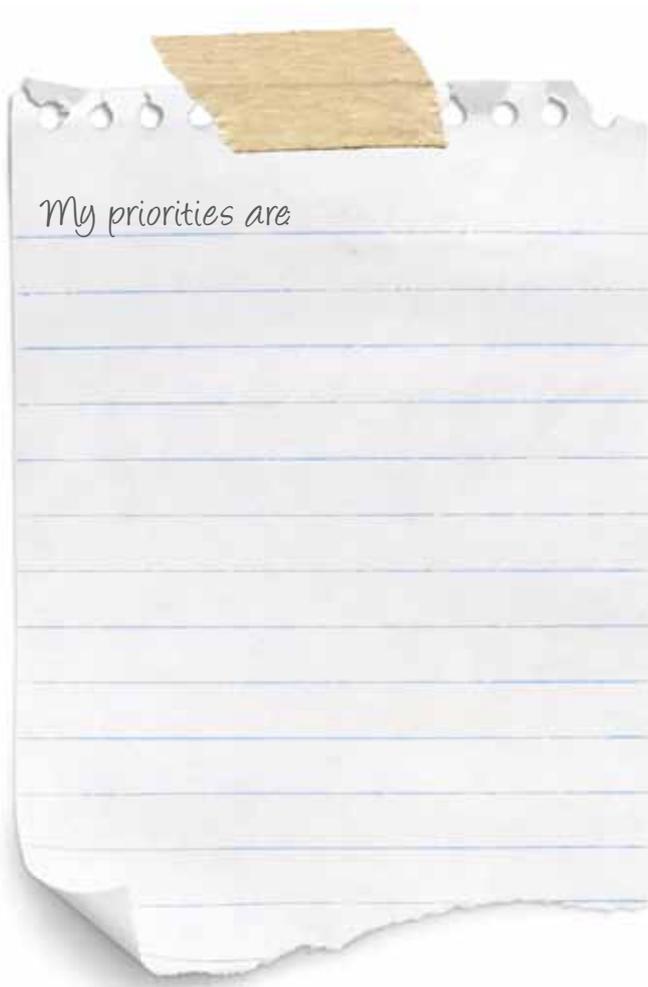
Possible areas of importance:

- Understanding my child's diagnosis
- Communication (verbal, non verbal)
- Eating and drinking
- Movement and mobility
- Medical treatments (e.g. BOTOX & surgery)
- Sleep and rest
- Exercise and fitness
- Self care needs (e.g. dressing, toileting)
- Pain
- Other ...



Education and Learning

Learning can be a lifelong process. Accessing the opportunities to learn can involve understanding the options available to your child, and finding the resources needed to assist your child's learning to be productive and enjoyable.



Possible areas of importance:

- Understanding my child's rights at school
- Choosing the right child care, preschool or school
- Educational support available to help my child (e.g. funding, teacher aides)
- Getting to school
- Participating in activities at school
- Making friends at school
- Changing to a new school
- Coping with the schoolwork
- Extra-curricular activities
- Other ...

Relationships

The quality of relationships with other people impact on our wellbeing and ability to cope. Significant relationships can include family members, friends, carers and people we interact with in our day to day living.

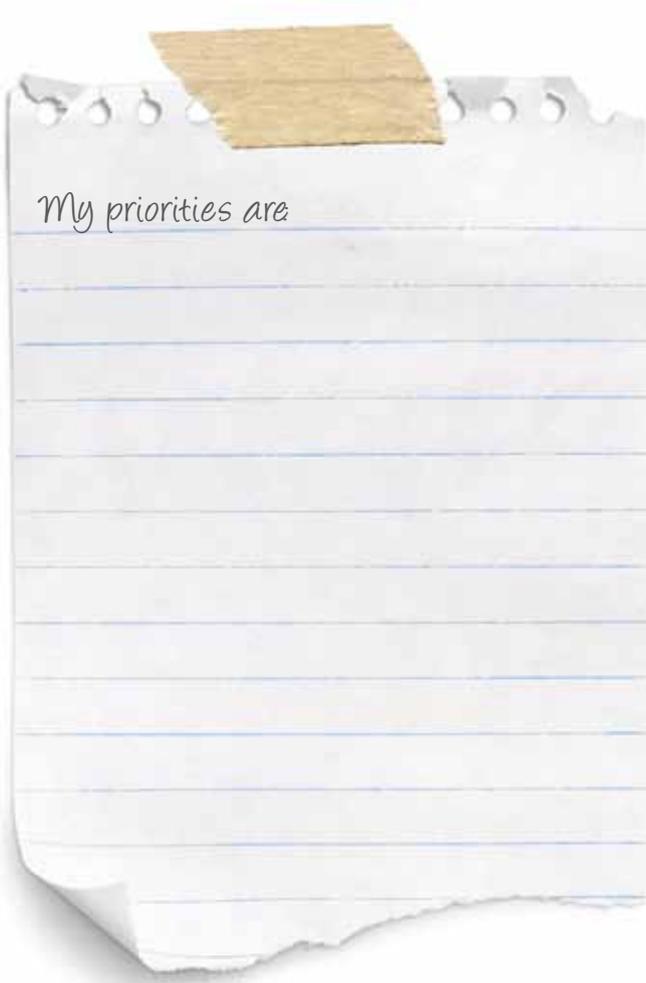
Possible areas of importance:

- Brothers and sisters
- Extended family such as grandparents, aunts, uncles and cousins
- Friendships
- Service relationships
- Other supportive relationships
- Our family relationships
- Other ...



Emotional health and wellbeing

Emotional health refers to how well equipped your child and family feels to live their lives, enjoy special moments and manage difficult and stressful situations. This has to do with how we express our feelings and how we solve problems.



Possible areas of importance:

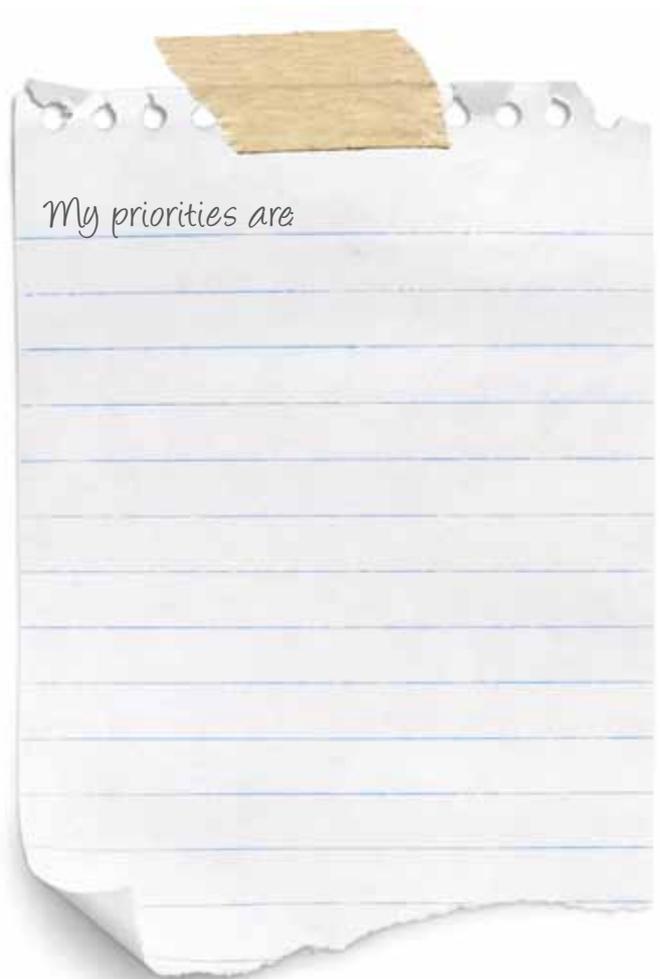
- Helping my child learn to express their feelings
- Managing my child's behaviour
- Learning new parenting skills or ideas
- Asking for help
- Relaxation
- Supportive relationships
- Problem solving and making decisions
- Getting along with others
- Taking care of myself
- Other ...

What activities do we all enjoy doing?

Recreation and leisure contribute to your child's sense of wellbeing and are an important part of the Australian culture. Participating in activities may be enjoyed alone or with others and may be passive (e.g. watching TV) or active (e.g. playing sport). Recreation and leisure activities can provide opportunities to develop social networks, feel good about yourself and explore new interests.

Possible areas of importance:

- Family holidays
- Hobbies and special interests
- Going out with friends or family
- Sport
- Accessing community activities
- Belonging to a group
- Meeting other parents
- Other ...



Financial security

Having adequate financial resources is important in so many areas of life. Financial security may impact on your family's housing, transport, equipment, and meeting basic physical and social needs. A lack of financial security can restrict opportunities to participate in society and can affect how we feel about ourselves and the future. Developing and maintaining financial security requires planning over time. It can be helpful to have access to a financial advisor to assist in this process.



Possible areas of importance:

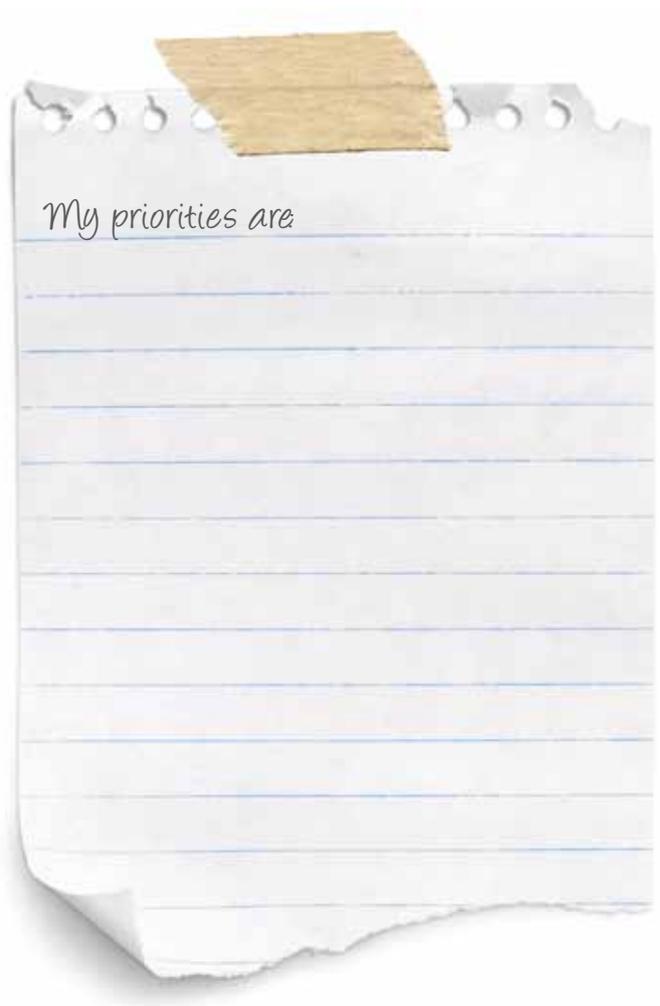
- Having a house that can meet my child and family's long term living arrangements
- Having access to transport that can help my child and family get around
- Having a stable income, (i.e. a source of money)
- Having a stable job
- Accessing Centrelink supports to support my child or family, (e.g. Carer's Allowance)
- Being able to manage our debts
- Developing a long term financial plan
- Other ...

Spirituality

Spirituality can refer to many different things. Our beliefs, values and attitudes can be linked to a sense of spirituality. This often provides people with a sense of who they are and helps their life to have meaning and purpose. There is no right or wrong way to express spirituality, but it is important to feel you have an appropriate outlet for your spirituality.

Possible areas of importance:

- Making meaningful choices in my life
- Having a sense of purpose in my life
- Having a sense of belonging
- Having a sense of self and identity
- Having a sense of acceptance and hope
- Being affiliated with a group of people who are like me (e.g. church, religious group)
- Being able to express who I am
- Having opportunities to grow and develop as a person
- Other ...



Who can support me with these priorities?

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

Note to parents /carers

Families have told us that their child's intellectual abilities can sometimes affect how they plan for the future and how their child is involved with these plans. The skills your child will require for adult life will depend on their goals and future. Even if your child is not able to be fully independent, they will eventually start school, move to adult programs and services.

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