



Australian & NZ Cerebral Palsy Strategy



Our goals for cerebral palsy



Easy English



Hard words

This book has some hard words.

The first time we write a hard word

- the word is in **blue**
- we write what the hard word means.

You can get help with this book



You can get someone to help you

- read this book
- know what this book is about



- find more information.

About this book

This book is about our **goals** for **cerebral palsy**.



Goals are things that you want to happen.



Cerebral palsy is a disability that makes it hard for people to move their muscles.

We call cerebral palsy CP.



We talked to

- people with CP
- families and carers of people with CP
- people who know about CP.



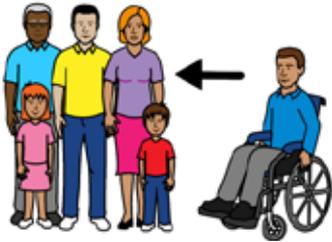
We listened to their ideas and wrote our goals.

What we want to do

We want people with CP to



- have better health



- join in with their community



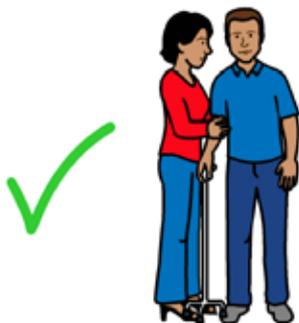
- have a good life.

This might happen if we



- do work to learn about CP

- teach the community about CP



- give good healthcare

- give good disability support.

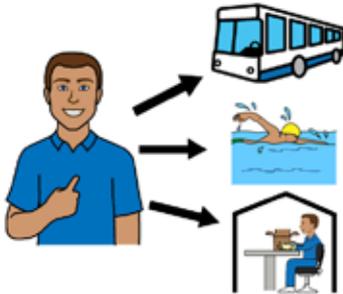
1	_____
2	_____
3	_____
4	_____



Goals

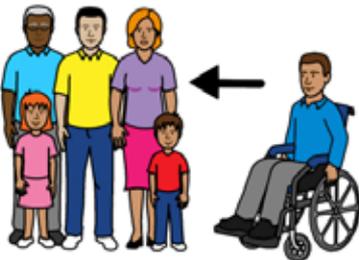
We have 4 goals for people with CP.

1 Join in with the community



We want people with CP to do things they want in life.

This might happen if we

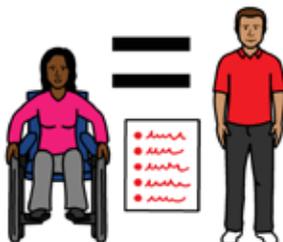


- help people to be part of the community

- find new ways for people with CP and their families to join in



- learn how to take away barriers.



- make sure people with CP have **equal rights**

Equal rights are things everyone should get.

2 Better health



We want people with CP to have better health.

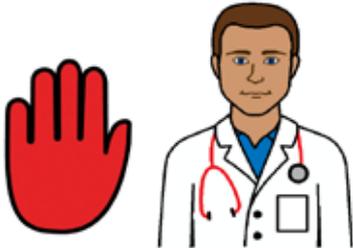


This might happen if we

- change the way people think about CP and health

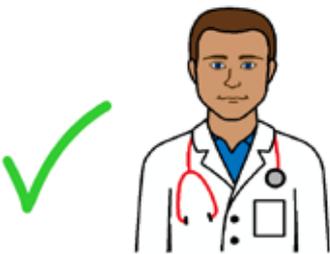


- find out what makes it hard for people with CP to go to the

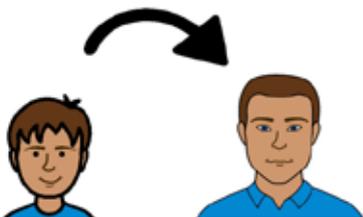


– doctor

– hospital



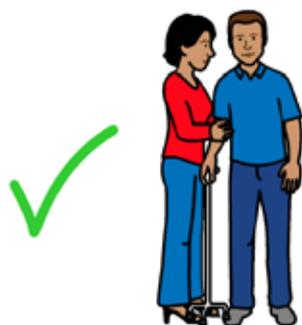
- help doctors and nurses work better with people with CP



- help people with CP when they change services

– for example, from child services to adult services.

3 Support for people with CP



We want people with CP to get good therapy and support.

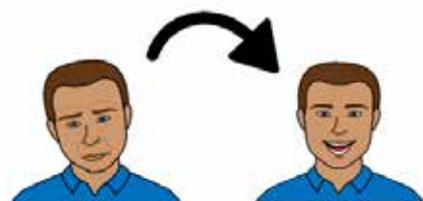
This might happen if we



- give therapy and support that helps people with CP and their families have a better life



- learn which therapies and supports are good or bad

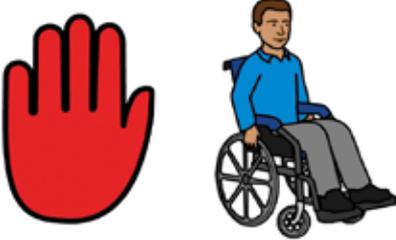


- find out how different types of support can change things for people with CP and their families



- tell people with CP and their families about different therapies and supports.

4 Stop CP and make CP better for people who have it



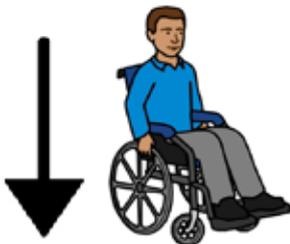
We want to look for **cures** for CP.

Cure means people will **not** get CP any more.

This might happen if we



- listen to people with CP and their families and do what they say



- find out if good healthcare means less people get CP



- make sure healthcare workers have the best information they can get



- use the best information when we give healthcare.



How will we know if our goals work?

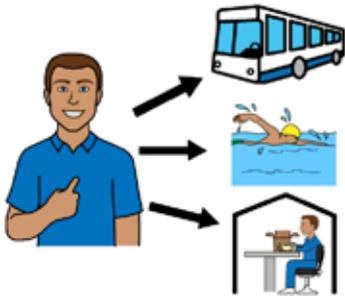
There are lots of ways we can check if our goals work.



For example, we can check if

- people in the community know more about CP

- people with CP are part of the community

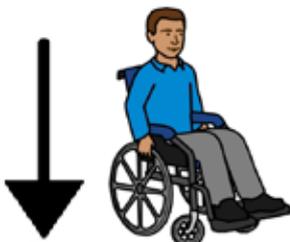


- more people with CP have jobs

- it is easier for people with CP to access buildings and transport



- people with CP have better health and a good life



- less people have CP.



More information

For more information contact
The Australian and New Zealand
Cerebral Palsy Strategy Collaboration.



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