



**Australian & NZ  
Cerebral Palsy**  
*Strategy*

Plain Language 2020

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# The Strategy

Our vision is for people with cerebral palsy (CP) and their families to have a positive quality of life and to have control over their own life choices. We also want to prevent CP and make life better for people who have CP.

Our mission is to improve quality of life, health and community inclusion for people with CP by providing the best possible healthcare, disability support, research and community awareness.

## Goal 1 – Inclusion and engagement

To ensure people with CP can participate in all aspects of life. For example, we aim to:

- provide services that support people with CP to participate
- speak up for the rights of people with CP to participate in the community
- develop resources about community activities that might interest people with CP and their families
- research how past experiences affect participation.

## Goal 2–Health and well-being

To improve health and well-being outcomes for people with CP. For example, we aim to:

- improve the way society views the health needs of people with CP
- research ways to improve access to preventative health services
- improve the way health practitioners address the needs of people with CP
- improve transitions between service sectors (paediatric to adult health systems or disability to aged care funding systems).



## Goal 3 – Intervention and disability support

To provide effective, timely, evidence-based treatments and supports to people with CP and their families. For example, we aim to:

- develop a range of supports to improve quality of life for people with CP and their families
- provide evidence-based advice to key people to help shape quality intervention options
- learn about the impact of different treatments, therapies and supports on parents and siblings of people with CP
- tell people with CP and their families about available treatments and supports so they can make informed decisions.

## Goal 4 – Prevention and cures

To reduce the frequency and severity of CP and look for cures. For example, we aim to:

- identify ways to reduce the frequency of CP
- identify ways to reduce the severity of CP
- ensure best-practice techniques are used in mainstream health services
- work with people with CP and their families to ensure their opinions guide our work in this area.







Image supplied courtesy of Cerebral Palsy Alliance



# How do we know if the strategy is successful?

Our goals must be measurable and achievable.

Our goals can only be achieved if we understand and use information we collect about CP.

We will measure our goals about inclusion and engagement.

For example:

- more people with CP achieving their life goals
- more people with CP employed at above-minimum wages
- better legislation about equal access to transport and public spaces
- more information and awareness about CP in the community.

We will measure our goals about health and well-being.

For example:

- more research about CP
- better health outcomes for people with CP
- more evidence-based information about CP in education programs for professionals.





We will measure our goals about intervention and disability support.  
For example:

- earlier diagnosis and intervention
- equitable supports for people with CP regardless of location or background
- better education supports for people with CP.

We will measure our goals about prevention and cures.  
For example:

- more research funding to understand the causes of CP, find ways to reduce the impact of CP and cure CP
- reduced severity of CP.

We will be a strong voice for people with CP, their families and supporters to ensure we achieve these important goals.



Image supplied courtesy  
of Cerebral Palsy Alliance



## More information

You can find out more about our strategy and ways to get involved by:  
visiting [www.cerebralpalsystrategy.com.au](http://www.cerebralpalsystrategy.com.au)  
emailing [info@cerebralpalsystrategy.com.au](mailto:info@cerebralpalsystrategy.com.au)

Scope's Communication and Inclusion Resource Centre wrote the plain language version in October 2017 (revised in October 2019).

[www.scopeaust.org.au](http://www.scopeaust.org.au) To see the original, contact The Australian and New Zealand Cerebral Palsy Strategy Collaboration.



