

Cerebral Palsy Annual Self Check

This Annual Self Check has been devised by Bobath Scotland working in partnership with community therapists and adults with cerebral palsy. It's something you can use yourself to keep track of your own health each year. Monitoring your condition and looking after your wellbeing can help with mobility, pain reduction and negate the need for surgery later in life. Fifteen minutes is all it takes.

General Health

A. In general, how would you say your health is (please tick only ONE):

- Excellent
- Good
- Fair
- Poor
- Variable

Support

B. What support do you have available:

Carers

Therapists

Social worker

Other

Physical Activity

C. During a typical week (for the entire week) are you physically active?

1. Stretching or doing strengthening exercises

0	1	2	3
None	No more than 30 mins a week	30-60 mins a week	More than an hour a week

2. Swimming

0	1	2	3
None	No more than 30 mins a week	30-60 mins a week	More than an hour a week

3. Walking

0	1	2	3
None	No more than 30 mins a week	30-60 mins a week	More than an hour a week

4. Cycling - indoors or outdoors

0	1	2	3
None	No more than 30 ins a week	30-60 mins a week	More than an hour a week

Symptoms

D. How affected by pain and physical discomfort are you? Please circle the number that best describes your pain level in the last 2 weeks. I have had:

1. No pain or discomfort
2. Have been feeling physically uncomfortable because of stiffness but no pain
3. Occasional pain in certain parts of my body
4. Pain in my body a lot of the time
5. Pain all the time and it bothers me a lot

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E. Rate your level of pain (Circle ONE number):

Mild Pain: Nagging, annoying, but doesn't really interfere with daily living activities. Score **1-3**

Moderate Pain: Interferes significantly with daily living activities. Score **4-6**

Severe Pain: Disabling; unable to perform daily living activities. Score **7-10**

1 2 3 4 5 6 7 8 9 10
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F. Please tick other symptoms/changes you have experienced in the last year:

- Loss of or significant deterioration in mobility
- Reduced physical strength
- Reduced balance
- Increased co-ordination difficulties
- Reduced endurance
- Deterioration in dexterity (use of hands)
- Deterioration in speech intelligibility
- Physical exhaustion/fatigue
- Sleep disturbance
- Difficulty performing previously acquired skills e.g. dressing, washing
- Additional time needed to perform skills
- Longer & more frequent rest periods
- Greater dependence upon others
- Reduced ability to sustain concentration / easily distracted
- Reduced self-esteem / confidence
- Reduced assertiveness
- Lowered stress tolerance threshold (more easily affected by stress)

Other symptoms:

Social Life

G. Is your social life as active as you'd like? If not, what would you like to do?

H. Are there any sports or hobbies you'd like take up or get better at? What needs to change for that to happen?

Healthy Relationships

I. Do you have any concerns about relationships or sex? If so, what is your main concern or worry?

WHAT WOULD MAKE A DIFFERENCE TO YOUR WELLBEING?

Take a moment to look over your answers and think about how they directly affect your daily life. This could include things like pain, spasms, stiffness, confidence, exercise, sports and hobbies. Are there any specific tasks you find challenging?

What are your main concerns?

What would you like to change, improve or achieve in the next year?

ONCE YOU HAVE COMPLETED THE ANNUAL SELF CHECK

Perhaps you're noticing changes in your ability to do something? Or feel you're simply managing pain and not getting to the bottom of it? Maybe you've identified a hobby or ambition you'd like to achieve. Here are some ways to take action.

What to do next?

1. If you have any concerns about your health talk to your GP. As well as practical help, your GP may also be able to refer you on to a specialist such as a gynaecologist, physiotherapist, other therapist or counsellor.
2. Adult services for those with cerebral palsy are not always well signposted and easy to find. If you'd like to search for help, advice and specialist groups available in your area, please visit the search database or 'where to find help' section on cerebralpalsyScotland.org. You can also find details of financial support and grants available.
3. Bobath Scotland are also happy to speak to anyone who has a query about the management of cerebral palsy in adults. They offer an initial consultation at no cost and reduced rates for further sessions through the Helping Hands Scheme. Adult therapy can also be funded through Self-Directed Support payments or self-funded. For more information visit bobathscotland.org.uk.