




ADULTHOOD AND CEREBRAL PALSYP

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~~TORCHWOOD~~

Adulthood



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ADULTHOOD

- Legal
- Financial
- Psychological
- Physical
- Social



LEGAL

- Parents no longer automatic guardians
- Guardianship appointed by VCAT only if there is a specific issue or need
 - e.g. medical, lifestyle
- Administrator appointed by VCAT if a need is demonstrated
- Power of Attorney
- Centrelink nominee



FINANCIAL

- Contenance Aids and Products Service (CAPS)
- Disability Support Pension (DSP)
- Home and Community Care (HACC)
- Futures For Young Adults (FFYA)
- Independent Support Package (ISP)
- Disability Support Register (DSR)



FINANCIAL

- Contenance Aids and Products Service (CAPS)
 - Yearly one-off funding through Medicare
 - Assessment through Contenance Clinic often useful to streamline process of application



FINANCIAL

- Disability Support Pension (DSP)
 - Automatic with turning 18 and submitting paperwork to Centrelink
 - Independent of parents' income
 - Additional mobility allowance if blind or working or attending vocational training



FINANCIAL

- Home and Community Care (HACC)
 - State-based program administered through local councils
 - Personal care
 - Home care
 - In home respite



FINANCIAL

- Futures for Young Adults (FFYA)
 - For 18 to 21 year olds
 - Organised through school
 - Pays for centre-based day activity
 - Day centre
 - TAFE etc.



FINANCIAL

- Independent Support Package (ISP)
 - Need to apply through DHS
 - Can pay for:
 - Carers
 - Home care
 - Respite
 - Therapy
 - Equipment
 - Flexible funding but long application process



FINANCIAL

- Disability Support Register (DSR)
 - Priority needs based NOT waiting list
 - Must be on DSR in order to submit ISP application or application for accommodation eg CRU



PSYCHOLOGICAL

- Normal pubertal changes
 - Mood swings
 - Separation issues
 - Sexual identity issues
 - Grief and loss issues
- Higher incidence of psychological illness
 - Depression
 - Psychosis
 - Brain tumour
- Frontal lobe dysfunction
 - Adynamia
 - Loss of impulse control



PHYSICAL

- Musculoskeletal
- Sexual maturity
- Spasticity
- Bladder
- Bowel
- Swallowing
- Pain
- Obesity



PHYSICAL - MUSCULOSKELETAL

- Bone growth and maturation
 - Decreased risk of hip dislocation
 - Decreased rate of progression of scoliosis
 - Delayed peak bone mass
- Relatively shorter muscles
- Increased weight



PHYSICAL - SEXUAL MATURITY

- Menstrual management
- Contraception
- Discussion regarding appropriate/inappropriate behaviour
- Social skills training in how to say “no”



PHYSICAL - SPASTICITY

- Spasticity tends to worsen through adolescence and adulthood
- Negative factors:
 - Less therapy
 - Less time to do stretches
 - Less time to maintain strength
 - Decreasing flexibility with age
- Positive factor:
 - Better tolerance of spasticity management drugs



PHYSICAL - BLADDER

- Contenance becomes more dependent on external factors
 - Accessibility of toilets
 - Accessibility of hoists
 - Strength of carers
 - Declining transfer ability



PHYSICAL - BOWELS

○ Increasing constipation

- Decreasing activity
- Decreasing fluid intake
- Increased autonomy often results in low fibre food choices



PHYSICAL - SWALLOWING

- People with borderline swallowing abilities are often unable to maintain adequate oral intake
 - Risk of malnutrition
 - Increased risk of pressure sores
 - Risk of dehydration
 - Constipation due to poor fluid intake
- PEG insertion often required



PHYSICAL - PAIN

○ Common causes

- Spasticity
- Pressure areas
- Period pain
- Constipation
- Reflux
- Contractures



PHYSICAL - PAIN

○ Common symptoms

- Increased self harm/agitation
- Interrupted sleep
- Crying
- Decreased appetite
- Decreased interaction with family or carers
- Loss of interest in usual pleasurable activities



PHYSICAL - OBESITY

- Decreased physical activity
- Decreased metabolic rate in 20s
- Increased autonomy
 - Food choices
 - Lifestyle choices



SOCIAL – LEAVING THE NEST

- One-stop childhood systems
 - School
 - Royal Children's Hospital
- Multi-stop adult system
 - Day centres seldom provide therapy
 - Adult hospitals have no equivalent of developmental paediatricians



SOCIAL – LEAVING THE NEST

- Changing home environment
 - “maturing” parents
 - Siblings leaving home
 - Aging/dying grandparents
- Moving out of home
 - Community Residential Units
 - Ministry of Housing accommodation with modifications
 - Independent private accommodation (SWEF will fund only one bathroom modification per person per lifetime)



QUESTIONS

