CEREBRAL PALSY HEALTH AND WELLNESS RECORD: GMFCS LEVELS III to V

NAME: DOB: AGE:

DIAGNOSES:

	2-4 YEARS	4-6 YEARS	6-12 YEARS	12-18 YEARS
FAMILY GOALS:				
What are your hopes for today's visit?				
What are your goals for the future? (short-term,				
long-term)				
How are you managing? (see child & family				
wellness questions below)				
HEALTH:				
Hospitalizations			Puberty - Precocious	Puberty - Delayed
Surgeries			Healthy Sexuality	Healthy Sexuality
Specialists				
Pain				
Seizures				
Nutrition and Growth				
Osteopenia Guidelines†				
Physical Activity/Weight				
Feeding safety				
Pneumonia/Asthma				
Gastroesophageal				
Saliva Management†				
Constipation				
Sleep* (Hygiene; Snoring/apneas)				
Vision				
Hearing				
Dental				
Immunizations				Scoliosis/Pelvic
Hypertonia management				Obliquity**
Hip Subluxation Surveillance†				
Scoliosis				
Orthopedic surgery (>5 years)				

[†] See American Academy of Cerebral Palsy and Developmental Medicine Care Pathway: https://www.aacpdm.org/publications/care-pathways

^{*}When assessing causes of sleep disturbances, in addition to the usual behavioural causes consider seizures and pain as potential contributors

^{**}If concerns for scoliosis or pelvic obliquity, reinstate hip surveillance

[#] See Mental health problems in children with neuromotor disabilities: https://cps.ca/en/documents/position/mental-health-problems-neuromotor-disabilities

Mental Health #	Social Skills Behaviour	Mood Social Skills Behaviour	Mood Anxiety Body Image/Self- esteem	Mood Anxiety Body Image/Self- esteem
Equipment SMO: supramalleolar orthosis AFO: ankle-foot orthosis WC: wheelchair	□ SMO □ Canes □ AFO □ Walker □ Splints □ Stander	□ SMO □ Canes □ AFO □ Walker □ Splints □ Stander □ WC	□ SMO □ Canes □ AFO □ Walker □ Splints □ Stander □ Lifts □ WC	□ SMO □ Canes □ AFO □ Walker □ Splints □ Stander □ Lifts □ WC
Accessibility/Independence Bathroom (e.g. grab bars, shower chair, commode, renovations) Entrances (e.g. lifts/ramps) School safety/accessibility Public transportation Community Mobility assessment Community-based home care supports			□ Powered mobility	□ Powered mobility
Therapy/Services □ Occupational Therapy □ Physiotherapy □ Speech Language Pathology □ Social Work Funding/Supports □ Provincial Disability Support Funds □ Disability Tax Credit □ Assistive Devices Funding □ CP Support Groups	□ Early Intervention	□ Psychoeducational assessment	□ Psychoeducational assessment	Transition to adult services Family MD Psychoeducational assessment Adult Disability Benefits
Development: Gross Motor Fine Motor ADLs/Independence Expressive Language Receptive Language Articulation Social Social Communication Cognitive	□ Preschool/Daycare □ Transition to kindergarten	□ Learning disorders □ Attention/Focus □ Communication Devices/Writing Aids	□ Learning difficulties □ Attention/Focus □ Communication Devices/Writing Aids □ Bullying □ Secondary school transition	□ Post-secondary school transition

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CHILD/YOUTH	CAREGIVER/FAMILY		
 PARTICIPATION: Fun/Fitness What do you do for fun? To relax? What have you done to make it easier to participate? In the next 6-12 months, what things would you like to participate in? How much screen time do you have per day? (TV, computer, tablet, phone) Are there things that interfere with your fun and fitness? 	 PARTICIPATION: Fun/Fitness What do you do fun? What do you do to relax? What are the things you do that make a difference, but don't cost money? Are there things that interfere with your fun or relaxation? 		
SOCIAL WELLNESS: Friends/Family Who are the most important people in your life other than your parents/family?	 SOCIAL WELLNESS: Friends/Family Who do you have in your life that helps you? Who are the most important people in your life? Do you have someone you feel comfortable talking to? 		
 EMOTIONAL WELLNESS: How are you doing? Do you feel listened to? Do you have chance to talk about what is hard for you? What strategies work when you are finding it difficult to cope? 			
 SUPPORTS & BARRIERS: What are the things that prevent you from doing what you want? What have you found most helpful in overcoming some of the challenges you talked about? What has worked for you in the past? 	Respite?Funding?Transportation?Language?Culture?		

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