



Improved Daily Living.

It is also called CB Daily Living

Can help you

- learn the things you have to do every day.
Like using money, cooking and shopping
- learn new skills
- be more independent in your home and
when you go out.



Independent means to do things yourself.



You can get help from therapists.

Therapists help you in lots of ways.

You can get help in a group or on your own.

Physiotherapists help you move your body and get strong.

You can get help



- if you find it hard to walk and move
- get better at moving your body
- do more things for yourself. Like getting out of bed
- learn to use equipment to help you move.

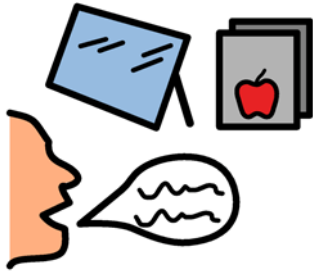
Like using a walker

- go to gyms

Occupational therapists help you



- at home and at work
- get things so you can do more for yourself like a wheelchair or tools to help you at work.



Speech therapists help you communicate.

They also help you be safe to eat and drink.

Communicate means to say what you want, think and feel.

You can use



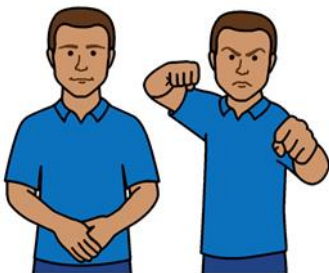
- your voice
- pictures
- parts of your body, like eyes, hands or head
- technology. Like a computer.

A psychologist, or behavioural therapist can help with how you feel.



When you are

- sad
- angry
- scared
- worried



They can help you

talk about how you feel and think

- do things you like to do
- learn how to feel calm
- find ways to tell people you are angry or upset
- learn what to do when life feels hard.



Easy English created by Lauren Hislop.

If you would like Lauren to turn complex information into easy English

you can contact Lauren by email lozhiz@bogpond.com