

Staying Strong Toolbox

A toolbox for families with Machado Joseph Disease
to keep walking and moving around

A collaborative project:

Families with MJD
James Cook University
MJD Foundation
The Lowitja Institute
Anindilyakwa Land Council



Staying Strong Toolbox

A collaborative research project to develop a physical activity and lifestyle program for Aboriginal families with MJD living in the Top End of Australia

Authors: Jennifer Carr, Joyce Lalara, Gayangwa Lalara, Gwen Lalara, Bronwyn Daniels, Alan Clough, Anne Lowell, Ruth Barker

Collaborators/Supporters Families with MJD
James Cook University
MJD Foundation LTD
The Lowitja Institute
Anindilyakwa Land Council

Warning

Aboriginal and Torres Strait Islander viewers should exercise caution when reading this book as it may contain images of deceased persons. Photographs of individuals included in this book have provided their consent.

We acknowledge the traditional owners of the land which this work was conducted on, and pay our respects to the Elders past, present and emerging. Thank you for welcoming the researchers to your country.



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Please contact the corresponding author for further information: jennifer.carr2@my.jcu.edu.au

About this book

This book is about the *Staying Strong Toolbox*.

The *Staying Strong Toolbox* is a book full of tools that help families with MJD to keep walking and moving strong for a long time.

This Toolbox has been made by people with MJD and their families.

All of the people in this book gave their permission.

This book might have pictures of people have passed away.
We pay our respects to them.



Where did this come from?

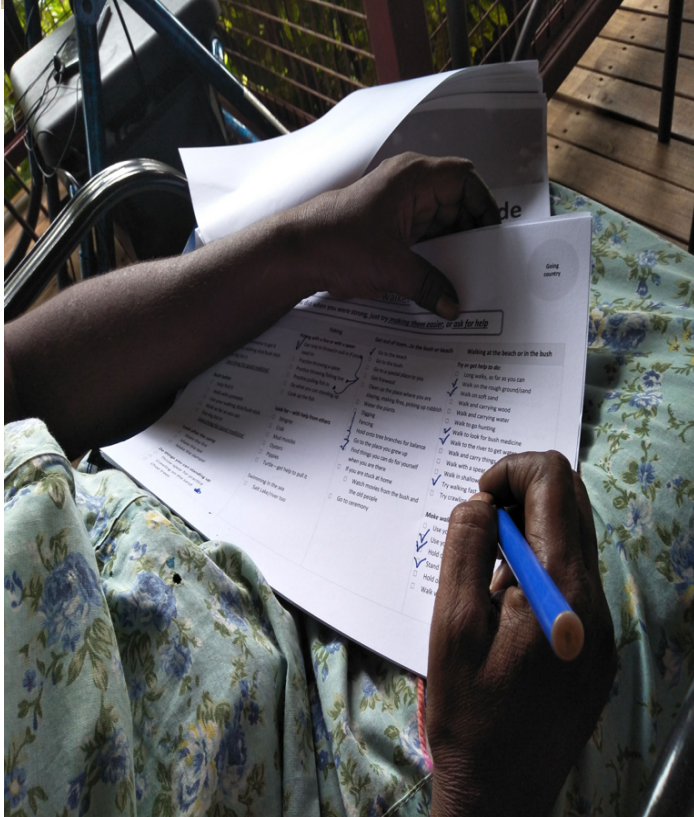
The idea for this research came from families with MJD.

They know lots of ways to stay strong inside and outside.

They wanted to tell other people about this,
and find other ways that might help.

Families from Groote Eylandt, Ngukurr and
Urapunga made this Toolbox with their ideas.





Why is it good to keep yourself strong inside and outside?

Staying strong stops MJD covering you quick.

Staying strong helps you move around for longer.

Staying strong helps you live in your community for longer.

Staying strong helps you stay happy and living a good life.

Staying strong keeps other sicknesses away from you.



Ideas for staying strong inside and outside

Families put their ideas together to come up with the best tools for staying strong

The next part of this book has the best tools for:

- Exercising your body
- Keeping yourself happy
- Searching for good medicine
- Going country
- Families helping each other
- Something important to do



My Story

Consider:

- Age
- Gender
- Ethnicity
- Birthplace
- Where's your country?
- What's your Aboriginal name?
- Languages
- Living situation
- Family
- Education level
- Employment status
- Source of income
- Home
- Setting
- How are you walking and moving around?
Strong, wobbly, wheelchair
- What's important to you?
- What do you like to do?
- What's tricky for you?



Staying Strong Toolbox





Exercising your body



MJD

Exercising your body

...if you are walking strong

How much exercising your body should we do?

Try moving your body every day, 7 days a week

Do harder exercise 1 hour, 3 times week

Exercising
your body

Walking practice ideas	House Working or Job Working ideas	Ways to get strong muscles	Doing Sport
Walking as much as you can ☐ Long walks as far as you can go ☐ Walking to shop ☐ Walking to office ☐ Walking to visit family ☐ Walking at the beach ☐ Walking in the bush ☐ Walking in shallow water ☐ Walking around the house ☐ Walk over rocks ☐ Walk or climb up/down hills Walking and holding things ☐ Walk with a spear ☐ Walk carrying firewood ☐ Walk with shopping ☐ Walk carrying a heavy backpack ☐ Walk and carry buckets of water Walking fast ☐ Fast walking ☐ Walking on your toes	☐ Tidying up the house. ☐ Sweeping ☐ Mopping ☐ Cleaning ☐ Cooking ☐ Lawnmowing ☐ Raking ☐ Digging ☐ Shoveling ☐ Trimming Trees ☐ Pulling weeds ☐ Picking up rubbish ☐ Working a job with lots of walking ☐ Find a job that keeps you moving	☐ Stand up and sit down ☐ Squats ☐ Balancing on one leg ☐ Jumping ☐ Sit ups ☐ Picking things up ☐ Passing a ball standing up ☐ Push ups ☐ Push things with your arms ☐ Push things with your legs ☐ Push trees over ☐ Pull down tree branches ☐ Weights – arms and legs ☐ Ride exercise bike ☐ Walk on treadmill ☐ Walking or running in the water	☐ Basketball ☐ Running ☐ Boxing ☐ Riding a bike ☐ Dodgeball ☐ Swimming ☐ Dancing ☐ Traditional dancing ☐ Volleyball ☐ Softball ☐ Footy

Move your body
Sitting too long gives you cramps and makes you wobbly. Try to keep moving your body!

Look at
Going country
for more ideas

Do exercise with

- ☐ Family
- ☐ Other MJD people
- ☐ Ladies or men or all together
- ☐ Away from audience
- ☐ People you trust
- ☐ People that make you happy
- ☐ Show people what you are doing so they might do it too

Exercising your body

How much exercising your body is good?
Move your body every day, 7 days a week. Do harder exercise 1 hour, 3 times week



...if you are wobbly or walking with a stick or walker

Walking practice Ideas <i>If you can...try</i>		Housework or Job Ideas <i>If you can...try</i>	Ways to get strong muscles <i>If you can...try</i>
Walk to places, walk at places: ☐ Walking to shop ☐ Walking to office ☐ Walking to visit family ☐ Walking at the beach ☐ Walking in the bush ☐ Walk in shallow water ☐ Walk around the house ☐ Walk over rocks ☐ Climb or walk up/down hills	Practice walking ☐ Walking without a walker, but close to something ☐ Walking holding on to rails/corridor/walls ☐ Walking around your home ☐ Walking as much as you can ☐ Walking on the spot ☐ Walking and lean on something ☐ Walking around in the pool ☐ Running in the water or with people helping you	☐ Mopping ☐ Sweeping ☐ Washing ☐ Shopping ☐ Dishes ☐ Cooking ☐ Wash floor (hands and knees) ☐ Cleaning up yard ☐ Gardening (walking or crawling) ☐ Raking the yard ☐ Passing a ball standing up ☐ Watering the grass or plants ☐ Making tea ☐ Making damper ☐ Making breakfast / lunch / dinner ☐ Getting kids ready for school ☐ Looking after the kids ☐ Finding a job that keeps you moving ☐ Find ways to make work easier so you can keep doing it yourself	☐ Stand up /sit down ☐ Standing up at rail or bench ☐ Walk on the spot ☐ Squats ☐ Lift your knees up at the rail ☐ Lift your heels up at the rail/ up and down on toes ☐ Jumping at the rail ☐ Standing without holding on ☐ See how long you can stand ☐ Getting up and down off the floor ☐ Dancing – hold onto something ☐ Boxing – sitting or standing ☐ Moving your body ☐ Throwing /pulling fishing line ☐ Throwing things ☐ Weights – sitting or standing
Make walking easier ☐ Walking with walker ☐ Walking with stick / rail ☐ Get help from someone to walk ☐ Walk as normally as you can ☐ Control yourself ☐ Eyes open wide ☐ Feet wide apart ☐ Take your time	Walking and doing things ☐ Fast walking ☐ Walking on the soft sand ☐ Walking to the shop; to work; to the office; ☐ Walking around aged care ☐ Walking looking for bush medicine ☐ Walking with family/kids ☐ Walking and carrying things ☐ Walking with a broom		Sport - Play a sport you like: ☐ Riding a bike ☐ Dancing ☐ Cycling ☐ Swimming/pool

Things to remember:

- ☐ Do things important to you
- ☐ Do things that make you happy
 - ☐ Get out of the house
 - ☐ See family or talk to people
 - ☐ Think about the good times/good stories
- ☐ Do what you can by yourself
- ☐ Show people what you are doing so they might do it too

Do exercise with

- ☐ Family
- ☐ Other MJD people
- ☐ People you trust and make you happy
- ☐ Ladies or men or all together
- ☐ Away from audience

Move your body!

Sitting too long gives you
cramps and makes you wobbly

Look at

Going country

for more ideas

Exercising your body

...if you are in a wheelchair

How much exercising your body should we do?

Try moving your body every day, 7 days a week

Do harder exercise 1 hour, 3 times week

Exercising
your body

Walking practice ideas <i>If you can OR with some help...</i>	House Working or Job Working Ideas <i>If you can OR with some help...</i>	Ways to get strong muscles <i>If you can OR with some help...</i>
Warm up ☐ Stretch to loosen up your body Practice walking <i>with help, try...</i> ☐ Walking along the rail ☐ Walking with walker ☐ Walking and lean on something ☐ Walking holding on to rails/corridor/walls ☐ Walking on the spot ☐ Walking around your home ☐ Walking wherever you can ☐ Walking holding on to rails/corridor/walls ☐ Walking around in the pool ☐ Running in the water Make standing or walking easier ☐ Get help to walk ☐ Get help to stand up ☐ Walking using a walker ☐ Walking using a walking stick or rail ☐ Control yourself ☐ Eyes open wide ☐ Feet wide apart ☐ Small steps ☐ Take your time	☐ Gardening (sit down or crawl or in wheelchair) ☐ Sitting and cleaning the floor ☐ Standing at kitchen bench ☐ Standing up to cook ☐ Standing up to wash dishes, or to do things for yourself ☐ Hosing the lawn ☐ Hosing the verandah ☐ Making food sitting down if you can't stand Do exercise with ☐ Family ☐ Other MJD people ☐ Ladies or men or all together ☐ Away from audience ☐ People you trust and make you happy ☐ Show people what you are doing so they might do it too Find something important to do that keeps you busy. Find something to do that takes your mind off the sickness. Find ways to make things easier so you can do it yourself. Find things you can do by yourself at home.	☐ Stand up, sit down ☐ Standing up at rail or bench ☐ See how long you can stand ☐ Stretch or move your body ☐ Pull yourself up ☐ Bend and straighten knees (squats) ☐ Lift your knees up at the rail ☐ Lift your heels up at the rail ☐ Walk on the spot ☐ Riding the bike ☐ Bungy cord for arm weights ☐ Push-ups from wheelchair ☐ Sit ups ☐ Passing a ball standing up ☐ Boxing - sitting or standing ☐ Push up and down off walker ☐ Weights – sitting or standing ☐ Walk or move your body in the pool or water ☐ Throw fishing line – sitting or standing ☐ Throwing things – sitting or standing ☐ Dance – sitting or standing ☐ Power fit – sitting or standing Move your body Sitting too long gives you cramps and makes you wobbly. Try to keep moving your body! Look at  for more ideas



**Going
country**

Going country

...if you are walking strong

*Do trickier things out bush
when you are strong*

Going
country

Going hunting ideas	Going fishing ideas	Get out of town...to the bush or beach	Walking at the beach or in the bush ideas
☐ Looking for bush medicine (walking, looking, cutting) ☐ Looking for bush food (walking, looking, cutting) ☐ Bush plums ☐ Black berries ☐ Sugar bag ☐ Yams ☐ Digging/looking ☐ Pippies ☐ Throwing spears ☐ Walking with spear ☐ Climbing trees ☐ Making the fire	☐ Fishing with a line ☐ Fishing with a spear ☐ Fishing at the river or sea ☐ Pulling in fish ☐ Throwing the line / spear ☐ Digging/pulling turtle ☐ Swimming in the sea ☐ Go looking for ☐ Bait ☐ Stingray ☐ Crab ☐ Mud muscles ☐ Oysters ☐ Pippies ☐ Turtle eggs	☐ Go to the beach ☐ Go to the bush ☐ Go to a special place to you ☐ Get firewood ☐ Making fires ☐ Cook the food / meat / fish ☐ Digging ☐ Fencing ☐ Clean up where you are staying ☐ Picking up rubbish ☐ Watering the plants	☐ Long walks ☐ Walking on the rough ground ☐ Walking on soft sand ☐ Walking through the bush ☐ Helping other family go country ☐ Walking to go hunting ☐ Walking to the river to get water ☐ Climb or walk up/down hills ☐ Walking in mangroves ☐ Walking in shallow water ☐ Walking over rocks ☐ Walking and carrying things ☐ Carrying wood ☐ Carrying water ☐ Walking with a spear (on the land or in the sea)

See big list in:

Searching for
good medicine

Going country

...if you are wobbly or walking with a stick or walker

Going
country

You can do things you did when you were strong, *just try making them easier, or ask for help*

Going hunting ideas	Going fishing ideas	Get out of town...to the bush or beach	Walking at the beach or in the bush ideas
Bush medicine ☐ Help look for it ☐ Walking with someone to get it ☐ Using your walking stick ☐ Using your walker Bush food ☐ Help find it ☐ Walking with someone ☐ Using your walking stick ☐ Using your walker ☐ Walking as far as you can  Look after the camp ☐ Making the fire ☐ Making the tea ☐ Making the damper Do things you can standing up ☐ Throwing a spear for practice ☐ Crawling on the sand ☐ Chopping trees	☐ Fishing with a line ☐ Fishing with a spear ☐ Practicing throwing a spear ☐ Practicing throwing fishing line ☐ Practicing pulling fish in ☐ Doing what you can standing up ☐ Cooking up the fish ☐ Swimming in the sea or the river Go looking for – with help ☐ Stingray ☐ Crab ☐ Mud muscles ☐ Oysters ☐ Pippies ☐ Turtle – get help to pull it	☐ Go to the beach ☐ Go to the bush ☐ Go to a special place to you ☐ Go to ceremony ☐ Go to the place you grew up ☐ Get firewood ☐ Making fires ☐ Digging ☐ Hold onto tree branches for balance ☐ Find things you can do for yourself when you are there ☐ Fencing ☐ Clean up the place where you are ☐ Picking up rubbish ☐ Water the plants ☐ If you are stuck at home ☐ Watch movies from the bush ☐ Watch movies about the old people	Get help to do these things.... ☐ Long walks, as far as you can ☐ Walk on the rough ground/sand ☐ Walk on soft sand ☐ Walk to go hunting ☐ Walk to look for bush medicine ☐ Walk to the river to get water ☐ Walk in shallow water ☐ Try walking fast, changing speeds ☐ Walk and carry things ☐ Walk and carrying wood ☐ Walk and carrying water ☐ Walk with a spear on land or sea ☐ Crawling on the ground or sand Make walking easier ☐ Using your walking stick ☐ Using your walker ☐ Holding onto someone ☐ Standing up using the tree ☐ Holding onto car bulbar to exercise

Going country

...if you are in a wheelchair

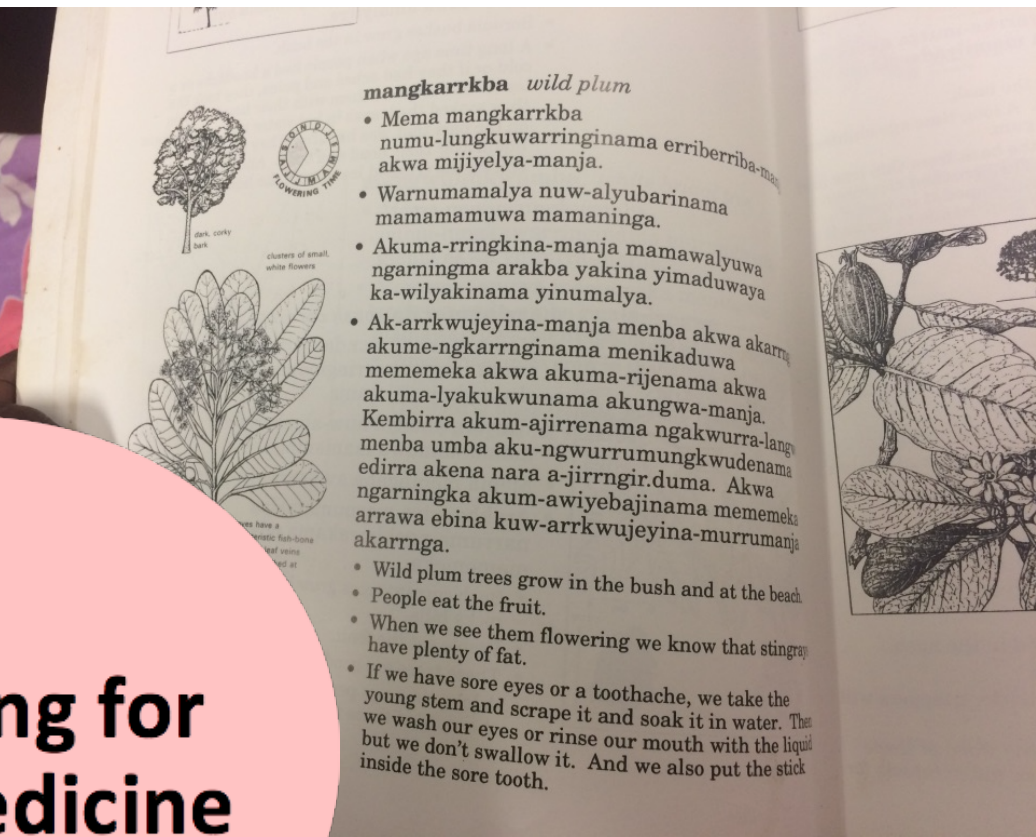
Going
country

You can do things you did when you were strong, *just try making them easier, or ask for help*

Going hunting ideas	Going fishing ideas	Get out of town...to the bush or beach	Moving your body at the beach or in the bush
Get help to look for bush medicine ☐ Go with family to look for bush medicine ☐ Sit with them and tell stories Get help to look for bush food ☐ Go with family to look for bush food See big list in: Searching for good medicine Look after the camp ☐ Make the fire ☐ Make the tea ☐ Make the damper	Fishing with a line or with a spear ☐ Hold the line, feel the bites ☐ Get help to throw/or pull in ☐ Cook up the fish ☐ Swimming in the sea ☐ Swimming in Salt Lake/river too ☐ Practice throwing fishing line ☐ Stand if you can ☐ Practice pulling fish in ☐ Stand if you can	☐ Get help to go to the beach ☐ Get help to go bush ☐ Get help to go to your special place ☐ Sit with family and tell stories ☐ Go to ceremony ☐ If you are stuck at home ☐ Watch movies from the bush ☐ Watch movies about the old people	Get help to move your body... ☐ On the sand ☐ In the bush ☐ Get help to walk to the water ☐ Get help to walk in the water ☐ Get help to walk through the bush Make walking easier ☐ Use your walker ☐ Hold onto people Get help to stand ☐ Stand up using the tree ☐ Stand up using the bull bar ☐ Get help from family

Do things you can do standing up.

Do as much as you can, rest, then try again.
Little bit at a time.



Searching for good medicine



Searching for good medicine

...Ideas for people walking strong

Searching for
good medicine

Meningerriberriba merrijina akwa eningerriberriba aninga **Bush medicine and bush food**

- ☐ Go look for bush medicine and bush food
 - ☐ Long walks to find medicine or food
 - ☐ Walk in the bush to find medicines or food
 - ☐ Walk on the beach to find medicines or food
 - ☐ Cut the trees or leaves
 - ☐ Digging
 - ☐ Walk and carry the medicine or food
- ☐ Take family with you
- ☐ Help family find bush medicine or bush food
- ☐ Bring medicine back for other family with MJD
 - ☐ Helping yourself and family
- ☐ Boil up or cook the medicine yourself
- ☐ Talk to the clinic or the MJD mob about sicknesses you have
- ☐ Keep checking for the latest medicines they find to help MJD

**“It’s about eating it and getting it.
It’s good exercise to get it but It will
make you want to go and find more
too...because they are so good to eat!
Good for you inside and outside”**

Searching for good medicine is good exercise

**Good medicine and bush food gives you energy
and makes you feel strong and happy**

It feels good helping your family

Searching for good medicine

...Ideas for people wobbly or walking with a stick or walker

Searching for
good medicine

Meningerriberriba merrijina akwa eningerriberriba aninga Bush medicine and bush food

If you can...

- ☐ Go walking with family to find good bush medicine or bush food
- ☐ Get help from family to walk or stand up to look for medicine or food
- ☐ If you can't walk, try standing when you are there
- ☐ Be there with family, tell stories and have a good time
- ☐ Boil or cook the bush medicine yourself in the bush
- ☐ Boil or cook the bush medicine yourself at home
- ☐ Bring medicine back for other family with MJD
- ☐ Get family to bring you bush medicine or bush food if you can't go
- ☐ Talk to the clinic or the MJD mob about sicknesses you have

Searching for good medicine is good exercise

**Good medicine and bush food gives you
energy and makes you feel strong and happy**

Searching for good medicine

...Ideas for people in a wheelchair

Searching for
good medicine

Meningerriberriba merrijina akwa eningerriberriba aninga
Bush medicine and bush food

If you can...

- ☐ Get a ride to go looking for bush medicine or bush food with family
- ☐ Get help from family to move around at the bush or beach
- ☐ Be there with family, tell stories and have a good time
- ☐ Boil or cook the bush medicine by yourself in the bush
- ☐ Boil or cook the bush medicine by yourself at home
- ☐ Try standing up while it is cooking or boiling
- ☐ Get family to bring you bush medicine/bush food if you can't go
- ☐ Talk to the clinic or the MJD mob about any sicknesses you have

Searching for good medicine is good exercise

**Good medicine and bush food gives you
energy and makes you feel strong and happy**

All the good medicines ...If you are walking strong, wobbly or in a wheelchair

Ayangkidarrba-langwa-langwa Warnumamalya			Roper Mob	Non-Aboriginal medicines
☐ Mininga (Burrawang trees) Old people used to walk long ways to get. Make damper with it ☐ Midirridirra (Custard finger) Helps people feel strong, energy ☐ Mungwuna (Morinda Tree) Good for any sicknesses, sores, give you energy. Boil fruit and strain, pour into a bottle, can make damper out of it too, or put it in sandwich ☐ Yilyarra (Bush pipe tree) For aching legs, arms, for eyes so you can see clear. Use the juice, or heat up the leaves to put on body aches ☐ Makarda (Sandpaper fig leaves) Helps your lungs or if you are short of wind and cleans your body inside ☐ Mangkurrkwa (Pandanus) Nut for energy ☐ Abulkung (Creek Lilly) Gives you energy, cleans insides, helps you walk strong. Eat the roots or put with damper and cook in the ashes	☐ Yirrda Helps with numb hands ☐ Mamungwulya (Seaweed) Pick them, boil and drink ☐ Murungkwurra For general sicknesses. Round seed that grows in the bush ☐ Makbiya Helps with sores throats and sicknesses. Get the seeds, boil it ☐ Akwurena (wild grape) Cleans your body. Use the leaves and grapes ☐ Murunkwura (Round yams) Cook it and eat it ☐ Adikalyuba (White lily) For sores ☐ Uwara (Bush oil) Makes your body feel lively. Rub it on your skin	Other good foods ☐ Sugar bag ☐ Mud muscles yiwalkurra ☐ Oysters yunungwalya ☐ Yams mundakidierra ☐ Bush tea ☐ Turtle eggs Yimenda-langwa yinumamuwa ☐ Blackberries ☐ Red berries ☐ Tamarind tree Angkayuwaya	Urinary tract infections and colds ☐ Ngalanga (white gum tree) Tooth aches, cancer, inside sicknesses, colds, infections, help quit smoking, sores ☐ Warrlan (Coolabah tree) Inside and outside sores ☐ Mayirranja (sandpaper tree) Open sores, scabies ☐ Buduga ☐ Barnar Flu, stomach/kidneys problems, sore throat/flu ☐ Dumbuyumbu To stop you smoking ☐ Warrlan Kidney problems or inside sicknesses, diabetes ☐ Yalbun For general sicknesses ☐ Gulbun - Tee tree ☐ Gyabun (for anything) ☐ Ganaya – waterlily root Other good foods ☐ Jubi (black berry), black or white currents ☐ Ngududiy (wild banana) ☐ Munjuj (green plum) ☐ Stringybark trees ☐ White/black currents	Headaches ☐ Panadol Cramps ☐ Vix vapor rub ☐ Massage (yourself or family) Urinary tract infections ☐ Try cranberry tablets

Keep eating good food!

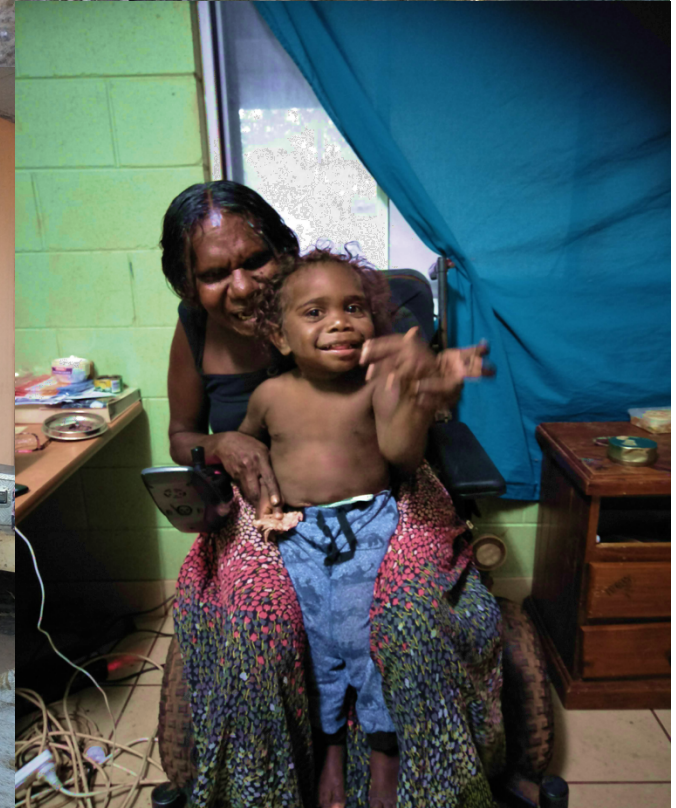
Have lots of good food

Don't get hungry

Don't eat too much greasy food at the shop

The best food comes from the land and salt water

Talk to the
clinic when you
have sicknesses



**Keeping yourself
happy**

Keeping yourself happy

...If you are walking strong, wobbly or in a wheelchair

Keeping yourself
happy

☐ Do fun things

- ☐ Listening to music
- ☐ Having a laugh
- ☐ Cheering each other up
- ☐ Watching memory videos
- ☐ Watching old videos of yourself with family
- ☐ Watching videos of your country
- ☐ Being at something special – band, party, birthday

☐ Get out of the house

- ☐ Going cruising in the car
- ☐ Going for a walk around the community
- ☐ Visiting family
- ☐ Going out to move your body just with ladies/men
- ☐ Don't muck around on the phone too long

☐ Be with family

- ☐ Having family at your place
- ☐ Sitting around the fire with family
- ☐ Telling stories
- ☐ Sitting with the kids and the dogs
- ☐ Families take us out or bring us back fish or bush food
- ☐ Taking kids out to collect firewood

“Find things that make you feel good and take your mind off the sickness, for anyone with MJD”

• Stay happy and healthy

- ☐ Keeping your body strong
- ☐ Do things you enjoy
- ☐ Keep working at your job
- ☐ Don't eat lots of junk food (no chips/chicken wings)
- ☐ Keep yourself clean, keep your kitchen clean
- ☐ Having support to do all the things normal in your life

☐ Don't stress

- Tell positive/good stories/happy stories
- Keep yourself around the kids and community to make you happy
- If you are mad, walk away, get away, go for a walk

☐ Teach the kids about MJD

- So they know, and understand if you are wobbly



**Families helping
each other**



Families helping each other...If you are **walking strong**

Families helping
each other

“Help other people with MJD to move their body, go country, do things for them, support them. Keeps you moving your body”

☐ **Help your family with MJD**

- ☐ Help them move their body
- ☐ Help them go to the beach or bush
- ☐ Help with the cleaning up the yard or house
- ☐ Support them with things they need
- ☐ Keep them company

...Help others because when you get worse, they'll be there for you.

☐ **Help yourself**

- ☐ Do as much as you can by yourself

...keeps you feeling strong and happy

...keep yourself strong to make your family proud

☐ **Help your family**

- ☐ Work in your job and keep yourself strong to help your family

For family members who help people with MJD

- Give people room to do things for themselves
- When people are doing things for themselves, don't feel sorry for them.
- They might be doing these things to keep themselves strong inside and outside.
- Ask them if they need any help but give them room if they want to do it themselves.

Families helping each other...If you are wobbly or in a wheelchair

Families helping
each other

☐ **Help yourself**

- ☐ Find things you can do yourself
- ☐ Find things you can do for your family
- ☐ Tell family if you want to do things by yourself
 - ...Show family how you are staying strong and make them proud
 - ...Know that it is sometimes hard for family to help you

☐ **Ask your family or MJD mob for help if you need to:**

- ☐ Exercise your body
- ☐ Go country
- ☐ Go looking for good medicine
- ☐ Clean up the house to make it easier to move around and do important things with you

☐ **Do things with people you trust**

...Makes it easier to move your body and stay happy

These ideas are for family helping people with MJD

- Give people room to do things themselves
- When people are trying things for themselves, don't feel sorry for them. They might be doing these things to keep themselves strong inside and outside.
- Ask them if they need help but give them room if they want to do it themselves.



**Something
important
to do**



Something important to do ...if you are walking strong

Something
important
to do

What is important with you?

What do you want to do?

- ☐ Find something to important to do
 - ... that keeps your body moving
 - ... that keeps you feeling happy
- ☐ Find a job to do:
 - ...that is interesting with you
 - ...that keeps your body moving
 - ...that makes your family proud
 - ...Work a hard job if you are strong, try and get a physical job early
- ☐ Work around the house
- ☐ Supporting family
 - Walking kids home from school/family places
 - Taking kids out to the beach or the bush
 - Set a goal to work on things important with you

**Find a good thing to do,
that keeps you moving,
and keeps your mind
off the sickness**

**Find something you enjoy doing,
that is worth doing,
that means something to you,
that is important to you**

Something important to do

...Ideas for people wobbly or walking with a stick or walker

Something
important
to do

What is important with you? What do you want to do?

- ☐ Find something to important to do
 - ... that keeps your body moving
 - ... that keeps you feeling happy
- ☐ Find things you can do around the house
- ☐ Find a job to do
 - ...Find a job that is interesting with you
 - ...Find a job that keeps you moving
 - ...Do something that makes your family proud
- ☐ Find things you can do to support the kids and the family
- ☐ Set a goal to work on things important to you

**Find a good thing to do,
that keeps you moving,
and keeps your mind
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**Find something you enjoy doing,
that is worth doing,
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Something important to do

...Ideas for people in a wheelchair

Something
important
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What is important with you? What do you want to do?

- ☐ Find something to important to do
 - ... that keeps your body moving
 - ... that keeps you feeling happy
- ☐ Find things you can do around the house
- ☐ Find a job to do
 - ...Find a job that is interesting with you
 - ...Find a job that keeps you moving
 - ...that makes your family proud
- ☐ Find things you can do to support the kids and the family
- ☐ Get help to do things important to you
- ☐ Set a goal to work on things important to you

**Find a good thing to do,
that keeps you moving,
and keeps your mind
off the sickness**

**Find something you enjoy doing,
that is worth doing,
that means something to you,
that is important to you**

What will I do to stay stronger for longer?

- What really matters to me?

- What do I want to work on in the next 4 weeks?

How good am I at this today?

0	1	2	3	4	5	6	7	8	9	10
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

Not good at all

As good as I can be

What do I need to do to stay strong at this?	
What am I doing already to stay strong at this?	
What help will I need? Who will I get help from?	

Tools I will use to keep myself strong

	What am I going to do?	When am I going to do it?
Exercising your body		
Going country		
Searching for good medicine		
Families helping each other		
Keeping yourself happy		
Having something important to do		

My Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week							
Week							

My Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week							
Week							

Notes: