

Term	Definition
Arthritis	A health problem where a person's joints become stiff, swollen and / or painful to move.
Coordination	The ability to move smoothly, accurately and in a controlled way.
Down syndrome	A condition that a person may be born with. Down syndrome can cause some health, development and thinking (cognitive) difficulties. People with Down syndrome may have particular physical features.
Frail/frailty	Weak, fragile and with little energy. Often occurs as people grow older and their health declines.
Self care	Self care means looking after oneself. TAP focuses on the self care activities a person carries out every day to look after their basic personal needs. For example: washing, going to the toilet, getting dressed, eating and drinking.
Spinal cord injury	Damage to the spinal cord, which is usually caused by an accident or illness. After a spinal cord injury, messages cannot travel along the spinal cord between the body and the brain. Often a person cannot move (is paralysed) and cannot feel below the level of the injury.
Stroke	Blockage of blood flow in the brain. This can result in one side of the body becoming weak or paralysed, as well as problems in speaking, feeling, thinking and seeing.
Vision	The ability to see.