

Term	Definition
<b>Arthritis</b>	A health problem, where a person's joints become stiff, swollen and/or painful to move.
<b>Coordination</b>	The ability to move smoothly, accurately and in a controlled way.
<b>Down syndrome</b>	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.
<b>Frail/frailty</b>	Weak, fragile and with little energy. Often occurs as people grow older and their health declines.
<b>Self care</b>	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.
<b>Spinal cord injury</b>	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.
<b>Stroke</b>	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.
<b>Vision</b>	The ability to see.