The ICF Framework and the F-Words

Body Structure and Function
- Everyone needs to stay fit and healthy, including me! Help me find ways to keep fit.
  
Fitness

Activity
- I might do things differently but I CAN do them. How I do it is not important. Please let me try!
  
Function

Participation
- Having friends is important. Please give me opportunities to make friends with my peers.
  
Friends

Environmental Factors
- They know me best and I trust them to do what’s best for me. Listen to them. Talk to them. Hear them. Respect them.
  
Family

Personal Factors
- Life is about having fun. Please help me do the activities that I find the most fun.
  
Fun

Future
- I will grow up one day, so please find ways for me to develop independence and be included in my community.

For more information visit the F-words Knowledge Hub:
www.canchild.ca/f-words

2) Rosenbaum P & Gorter JW. (2012). The ‘F-words’ in childhood disability: I swear this is how we should think! Child Care Health Dev, 38.