The ICF Framework¹ and the F-Words²

Body Structure and Function

Everyone needs to stay fit and healthy both physically and mentally. Help me find ways to keep fit.

Activity

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

Participation

Having friends is important. Please give me opportunities to make friends.

Environmental Factors

My family knows me best and I trust them. Listen to them. Talk to them. Hear them. Respect them.

Personal Factors

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

Future

I am growing up every day, so please find ways for me to participate 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.