

CF: A Lifelong Challenge

Sorting Cards

Consider how easy or challenging you would find these aspects of living with CF. There is no right or wrong answer – we are all different. Try to empathise with how life is for people living with the condition and how they might cope with the challenges they face.

Not being able to meet other people with CF face-to-face.	Taking an average of 60 tablets every day.	Having to stay in hospital for weeks when you get a particularly bad infection.
Having to get plenty of exercise every day.	Spending between 1 and 3 hours administering medications each day.	Worrying about your health deteriorating.
Learning about the condition and keeping up-to-date with the latest research.	Taking medicines when with family or friends, or in public places.	Using a feeding tube to ensure your body gets enough nutrition and that you can maintain a healthy weight.
Undergoing daily physio treatment – doing exercises throughout the day to help clear the lungs.	Taking time off school for hospital or doctor's appointments.	Getting up early to fit in treatments before school.
Eating a special diet to maintain the right weight, which may include more protein or more fat.	Answering questions about the condition and the treatments.	Avoiding people with nasty colds or coughs, so as not to catch germs.