

How we cann help with inherited ataxia

Find out how cann can support you with inherited ataxia. Learn about our allied health services, individualised therapy, and practical strategies to help you live well with confidence and support.

At cann, we provide assessment and rehabilitation for people with inherited ataxia, including Friedreich's ataxia (FA), spinocerebellar ataxias (SCA), and CANVAS. Our clinical allied neurological network includes physiotherapists and occupational therapists with experience in managing complex balance and coordination disorders. We help people manage balance and coordination difficulties and build confidence in everyday life. We provide services including physical rehab and assessment for appropriate aids.

Managing inherited ataxia

While there is currently no cure, people living with inherited ataxia can benefit from practical interventions that help maintain function, reduce risk, and improve quality of life. Our multidisciplinary team works with you to develop an individualised plan.

Physical and functional support

We can help with:

- Balance and coordination therapy – supporting safe movement and fall prevention
- Postural and mobility aids – to enhance safety and confidence
- Vestibular rehabilitation and gaze stability training, as well as screening for peripheral vestibular issues
- Fine motor skill support – for handwriting, dressing, and other daily tasks
- Task adaptation – finding new ways to perform valued activities
- Energy conservation and pacing strategies

We also work closely with other professionals such as speech-language therapists, dietitians, and neurologists where appropriate and can assist with onward referral to your community services for ongoing support.

Self-Management and lifestyle strategies

We encourage individuals with inherited ataxia to:

- Stay active – Low-impact activities like walking, swimming, and gentle strength training can help
- Use relaxation techniques – Stress can worsen symptoms; strategies like breathing exercises or mindfulness may help
- Track your symptoms – Journaling may reveal patterns or triggers, especially for fatigue or dizziness
- Structure your day – plan out time for work, rest, exercise and meaningful activities
- Connect with others – Support groups or online communities can provide reassurance and shared experiences

Our approach

At cann, we support people with inherited ataxia in building resilience, confidence, and autonomy. Our clinicians help you:

- Adapt daily routines to your current abilities
- Gradually reintroduce or modify meaningful activities
- Navigate changing symptoms with realistic, evidence-based strategies
- Work in partnership with the wider multidisciplinary team.

We aim to provide not just therapy, but tools and understanding to help you manage life with ataxia in a way that suits you.

[Find out more and check your eligibility here](#)

Helpful resources

Information, advocacy, and support are available through trusted organisations:

- Ataxia New Zealand – www.ataxia.org.nz
Local education, awareness, and support services
- National Ataxia Foundation (USA) – www.ataxia.org
Research, community forums, and practical guides
- Ataxia UK – www.ataxia.org.uk
Genetic information, symptom support, and patient stories
- Friedreich's Ataxia Research Alliance (FARA) – www.curefa.org
Targeted information for people with FA and their families
- Vestibular Disorders Association – www.vestibular.org
Resources related to dizziness and balance, including CANVAS

Disclaimer

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