

What is Cerebral Palsy?



Cerebral Palsy is a physical disability that affects movement and posture.
It is the most common physical disability in childhood.

MOTOR TYPES:

SPASTIC: 70-80%

Most common form.
Muscles appear stiff and tight.
Arises from Motor Cortex damage.

ATAXIC 6%

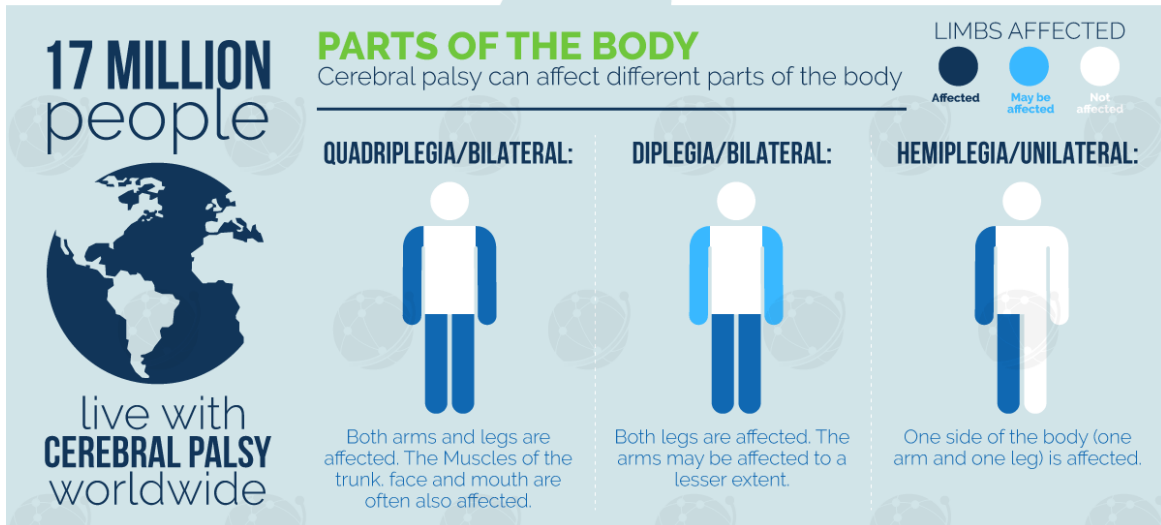
Characterised by shaky movements.
Affects balance and sense of positioning in space. Arises from Cerebellum damage.

DYSKINETIC: 6%

Characterised by involuntary movements. Arises from Basal Ganglia damage.

MIXED TYPES:

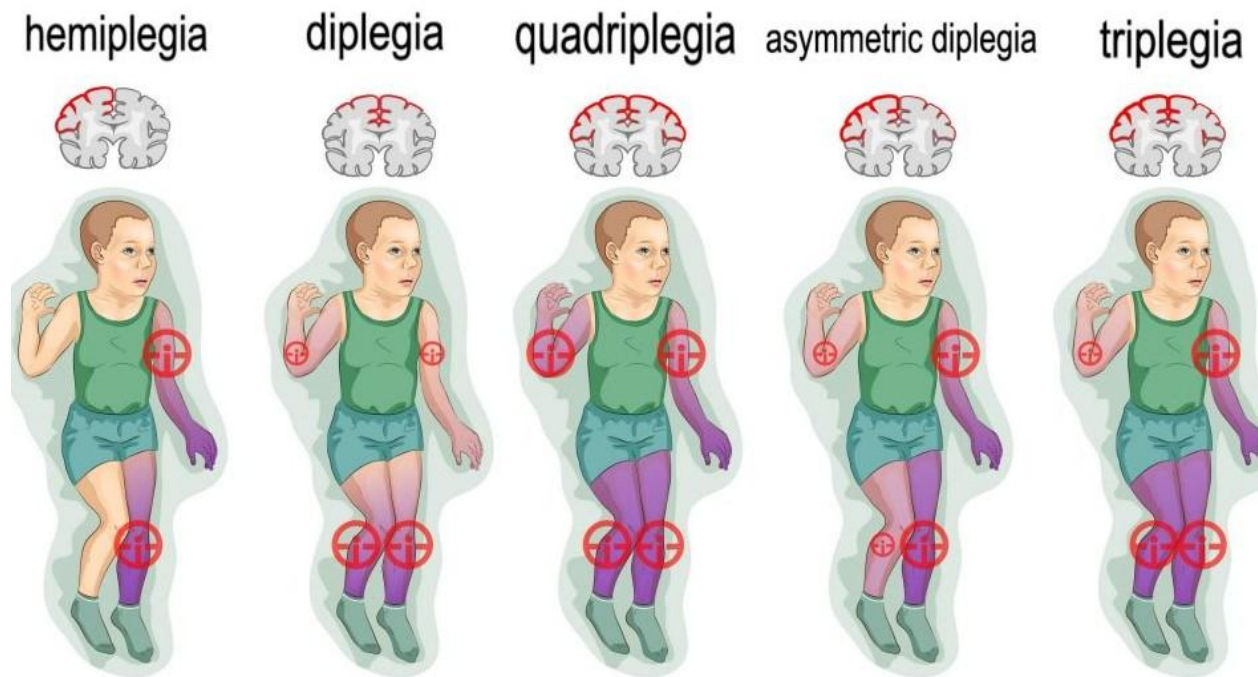
Combination damage













School Accommodations:

- Extra breaks when they are tired.
- A Lunch cart to help them carry their lunch without spilling.
- Allowing additional time to finish their work.
- Allowing extra time to get to classes.
- Adaptive technology - IE: slant board, talk to text, augmentative and alternative communication (AAC) device, adaptive scissors, adaptive writing utensils,
- Use of a paraprofessional to assist with physical tasks that are more challenging. ie: opening heavy doors, helping with gloves, boots and snow pants, opening milk or juice containers.
- Adaptive P.E.(DAPE), physical therapy, and occupational therapy during school.

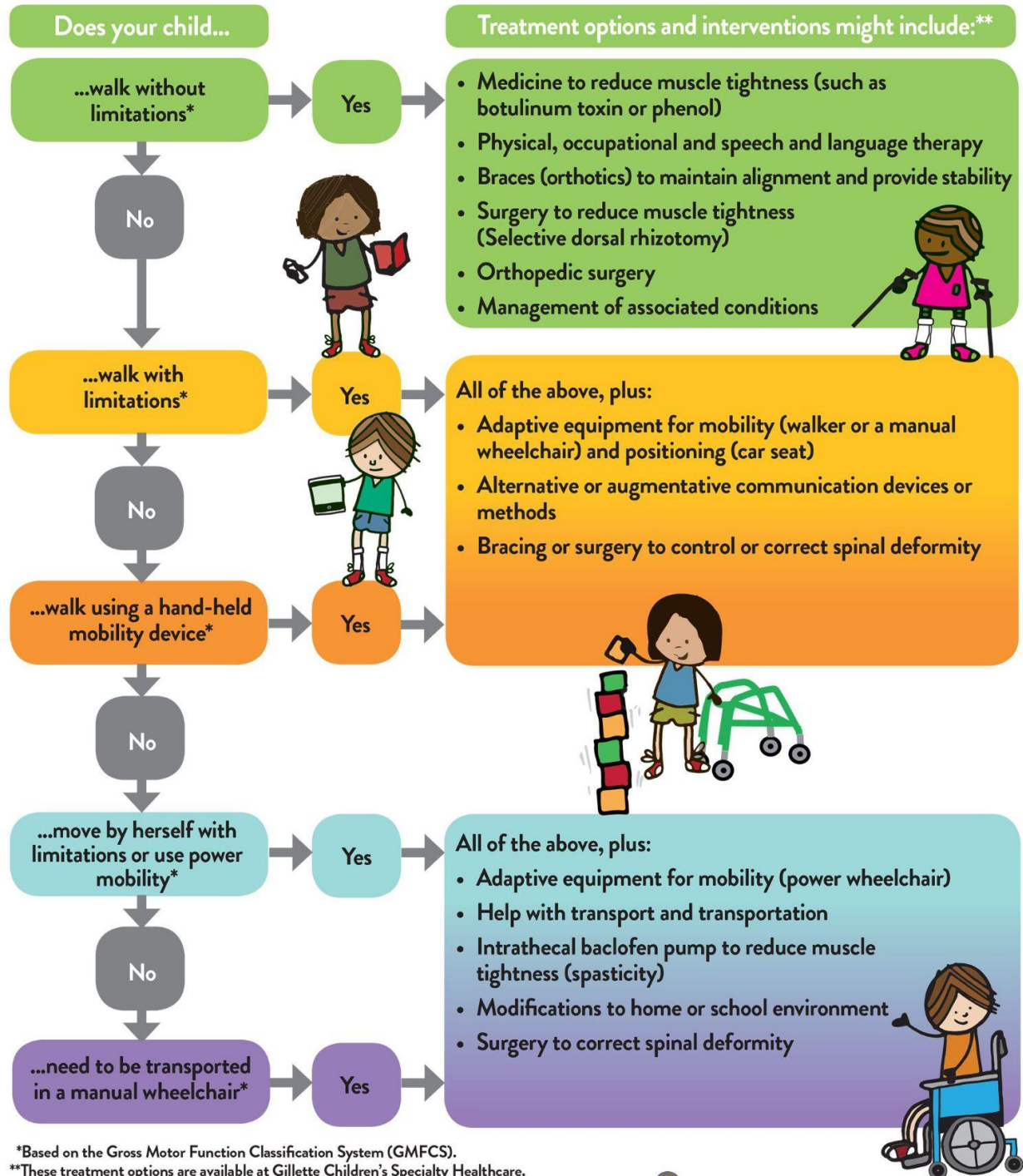
the scheme of the lesion areas of the brain



Famous People with Cerebral Palsy

RJ Mitte Actor 	Zach Anner Comedian, Writer, Actor 	Dianna Elizabeth Jordan Actress 	Maysoon Zayid Comedian, Actress 	Lee Ridley Comedian 
Justin Gallegos Athlete 	Aaron Rose Philip Model, Author, Artist 	Josh Blue Comedian 	Dr. Janice Brunstrom-Hernandez Pediatric Nuerologist 	Michah Fowler Actor 

What Are the Treatments for Cerebral Palsy?



*Based on the Gross Motor Function Classification System (GMFCS).

**These treatment options are available at Gillette Children's Specialty Healthcare.

Learn more at

gillettechildrens.org/cerebral-palsy-awareness

 #CelebrateCP

 **Gillette Children's**
Specialty Healthcare

NICE TO MEET YOU

SPEAKING WITH SOMEONE WITH CEREBRAL PALSY

No two people are the same. The same is true for people with cerebral palsy. Here are some suggestions on how you can get to know someone with CP but everyone's different & some people might have different preferences. If you have a question, just ask your new friend.

1 OFFER A HAND IN FRIENDSHIP



Sometimes people with CP might have less motor-control than yours, so you might think you're going to offend them by offering to shake their hand. **Just extend your hand** & give your new friend the opportunity to shake it if they want to.

2 SPEAK DIRECTLY TO THEM



Don't you hate it when someone is talking about you when you're right in front of them? People with CP feel the same way. **Resist the temptation to speak to someone with CP** through someone else.

3 SPEAK WITH THEM AS YOU WOULD WITH ANY OTHER ADULT



They are an adult, after-all. The only time this isn't true: **when you're speaking with a kid who has CP.**

4 AVOID LEANING ON THEIR WHEEL CHAIR



To someone with CP, a wheelchair or other assistive device is like an extension of themselves. Don't touch it unless they invite you (**like: "Hey, can you push me there?"**). You wouldn't like it if some stranger started grabbing or leaning on you either.

5 LISTEN ATTENTIVELY- ESPECIALLY IF THEY HAVE DIFFICULTY SPEAKING



Sometimes people with CP have difficulty speaking. Listen patiently & actively, letting them speak for themselves. Don't you hate it when someone tries to finish your sentences, too? If you don't understand them say, **"I don't understand"** or **"Could you repeat that?"** rather than fake it. It is less frustrating for someone with CP to repeat themselves than deal with someone who pretends they understand.

6 IF YOU NEED TO TALK ABOUT THEIR CEREBRAL PALSY, REFER TO THEM AS A "PERSON WITH CEREBRAL PALSY"



They don't **"suffer"** from CP. They are a person first- they just happen to have cerebral palsy. Want to know more about them, it's okay to ask, **"If you don't mind me asking, why do you walk like that?"** but not **"What's wrong with you?"** Me? What's wrong with YOU!

7 IF YOU USE AN IDIOM THAT HIGHLIGHTS THEIR DISABILITY- RELAX.

"Hey, do you want to run to the store?"
D'oh! That's okay; it's just a figure of speech

