



# Cerebral Palsy (CP)

*"People have the assumption that I've had to overcome a lot of obstacles in my life because of it, and to some degree, I have. However, the most difficult obstacle to overcome is other people's perception of who a person with a disability is." – Greg Walloch*

## What is CP?

Cerebral palsy (CP) is a group of neurological disorders that affects how people move and maintain their balance. It is the most common motor disability in childhood. Depending on the severity and type of CP, it affects various parts of the body.

(From [Cerebral Palsy Guide](#), accessed 7/19/24)

- Smart
- Mentally & physically tough
- Proud
- Honest
- Stubborn
- Compassionate
- Good sense of humor
- Mature
- Inquisitive
- Artistic & creative

### Common Strengths



- Difficulties with gripping, lifting, or walking or experience tremors, spasms, and uneven muscle tone
- May live with epilepsy, hearing, speech, or vision challenges
- May be affected by an intellectual or learning disability

### Common Areas of Difference



NOTE: Differences vary greatly from person to person.

## To be a friend

- Introduce yourself and greet the person. You may need to learn how this person prefers to greet people.
- Treat them like any other friend.
- Listen attentively even when it is hard to understand. It is ok to ask someone to repeat themselves. Don't try to finish their sentence or pretend to understand. Keep listening. If you need help understanding, ask someone who knows well how this person communicates.
- If this person uses a wheelchair or other mobility equipment, do not lean on or touch it without permission.

## References

- Cerebral Palsy Guide, <https://www.cerebralguide.com/>
- MI-UCP <https://www.mi-ucp.org/cerebralguide>
- Movement Tips, With Ministries: [withministries.org/adapting-the-sessions-to-the-needs-of-your-group/](https://withministries.org/adapting-the-sessions-to-the-needs-of-your-group/)
- My Child at Cerebral Palsy.org, <https://www.cerebralguide.org/>