

National Cerebral Palsy Awareness Month

March 2023



What is Cerebral Palsy?

- **Cerebral Palsy (CP) is a condition that affects muscle control and movement.**
- It is usually caused by an injury to the brain before, during or after birth, but there may be no obvious single reason.
- It affects about 1 in every 400 births in the UK
- 130,000 adults in the UK have CP
- **No two people ever experience CP in the same way**, because the area and size of the brain injury is different for each person.

Cerebral Palsy Symptoms

Cerebral Palsy can cause difficulties with any of the following:

- Movement
- Posture
- Breathing
- Hearing
- Sight
- Eating & Swallowing
- Spatial Awareness
- Balance
- Fatigue
- Pain

Other physical health conditions that may be common among adults with CP are:

- Constipation
- Continence problems
- Dental and oral health concerns
- Lower respiratory tract infections
- Dermatological issues including pressure ulcers
- Anaemia

Types of Cerebral Palsy 1

- Although no two people never experience CP in the same way, the condition can be grouped based on common symptoms.
- Some people find these definitions helpful when describing the way CP affects them.
- CP can be classified based on which limbs are most affected:

| Monoplegia | Hemiplegia | Diplegia | Quadriplegia |
|--------------------------------------|----------------------------------|------------------------------|---------------------------------|
| One limb is affected, usually an arm | One side of the body is affected | Where both legs are affected | Both arms and legs are affected |

Types of Cerebral Palsy 2

Another way to classify CP is based around the way someone's muscles and movement are affected:

| Spastic | Dyskinetic | Ataxic |
|---------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none">• Muscles feel stiff and tight• The most common form of CP | <ul style="list-style-type: none">• Muscle tone changes from stiff to floppy without warning• Involuntary movements that are out of a person's control• Most associated with speech problems | <ul style="list-style-type: none">• Shaky movements• Problems with balance as well as a sense of positioning in space (co-ordination and spatial awareness). |

Some people may identify as fitting into more than one of these groups.

Health & Cerebral Palsy

People with CP:

- Often experience a **decline in their physical function** earlier than their peers. This may lead to reduced ability to engage in social, educational and employment activities.
- Often experience **falls** and are at high risk of **fractures**.
- May have **changes in their seizure types, patterns and medications** over time if they have epilepsy as well as cerebral palsy.
- May **gain weight**, which contributes to the decline in their physical function.
- May **lose weight** because of difficulties in chewing and swallowing.
- Are often taking a range of **medications** that may impact their physical or cognitive function.
- May experience changes in **hearing, speech and communication needs** with time and social circumstances.

Comorbidities & Cerebral Palsy

Adults with cerebral palsy are more likely to have or to develop the following **health conditions** compared to adults without cerebral palsy:

- Anxiety
- Bipolar disorder
- Depression
- Epilepsy
- Heart failure
- Hypertension
- Ischaemic heart disease
- Stroke
- Type 2 diabetes mellitus
- Asthma
- Liver disease
- Osteoarthritis
- Osteoporosis
- Chronic kidney disease
- Psychotic disorders
- Schizophrenia

People with CP are more likely to suffer from [diagnostic overshadowing](#) which can lead to late diagnosis and inadequate treatment. Click on the underlined text for more information.

World Cerebral Palsy Day

- March is CP awareness month in the **UK** but...
- World-wide over **17 million people** have CP
- CP Awareness is celebrated around the **globe** on **6th October** each year
- Individuals with CP & their allies wear **green** on the day to raise awareness
- Notable buildings around the world also light up green in support
- Get more information at: [**worldcpday.org**](http://worldcpday.org)



Further Information

| | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>SCOPE = Equality for disabled people</p> | <p>↗ www.scope.org.uk 📞 0808 800 3333 ✉ helpline@scope.org.uk</p>  |
| <p>contact <small>For families with disabled children</small></p>  <p>hemihelp <small>Part of the Contact family</small></p> | <p>↗ contact.org.uk/hemihelp 📞 0808 808 3555 ✉ helpline@contact.org.uk</p>  |
| <p>UP <small>The Adult Cerebral Palsy Movement</small></p> | <p>↗ upmovement.org.uk 📞 07951 019 508 ✉ hello@upmovement.org.uk</p>  |
| <p> RADICAL <small>RESEARCHING CP</small></p>  | <p>↗ brunel.ac.uk/research/projects/health-and-well-being-of-adults-with-cerebral-palsy</p>  |

Click on the underlined text & social media logos for direct website links

Disability Staff Engagement Group

- Do you identify as a person with a disability or long-term health condition?
- Do you want to use your lived experience to help co-produce workforce equality priorities and initiatives within MFT?
- Do you want to be involved in celebrating equality, diversity and inclusion at MFT?

Join the Disability Staff Engagement Group today and play your part in affecting positive change within Manchester University Foundation Trust.

Membership is open to all staff who identify as a person with a disability.

Email: Disabilityengagement@mft.nhs.uk to register your interest in joining.

Diverse Abilities Network

One of the most important outputs of the Disability Staff Engagement Group has been planning for the development of a disabled staff network.

This staff Diverse Abilities Network is a larger group which will set its own agenda and will have the Disability Staff Engagement Group in place as a group to which they can escalate issues and use as a source of support and experience as the network grows. The Diverse Abilities Network hosts a virtual safe space meeting monthly which is open to members and allies.

The Network has already given feedback to the Disability Staff Engagement Group on their views on ‘What Matters to Me’.

If you would like to register as a member, please follow the link to complete the [membership form](#).

Thank you for reading

The information in this PowerPoint was collated from the following organisations:

- [Cerebral Palsy Alliance](#)
- [CP Sport](#)
- [Scope](#)
- [UP – The Adult Cerebral Palsy Movement](#)