

"Negotiating Life Challenges"

Learnings from people with cerebral palsy

Some things are harder for adults with CP but many people find a way

Our team did some research



We spoke to people with CP
We asked about their daily life
We asked what makes things hard to do



What people with CP told us

Past experiences were important

Parents helped them

- to do the things other children did

Brothers & sisters

- played with them
- helped them out

The school

- supported them do things



They wanted to do what others did

They found different ways to

- build skills
- cope with bullying
- make friends

Doctors and health workers

helped them find new ways to do things

They were determined

What was important into adulthood

What they could do

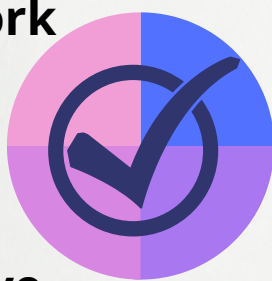
As adults doing things was easier when they

had a good social network

looked after their health

had a positive attitude

found a way to do things



What others could do

Adults found it easier to function when:

- other people helped
- others expected them to take part
- or when the place and activity was accessible



Finding a way

Many with CP find things hard, but they do what others do, and they find a way by...

using strategies like:



- using their knowledge and skills
- mixing with good people
- using their support people
- maintaining their health and fitness

Gaskin, Imms, Dagley, Msall and Reddihough, 2021
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If you want to know more scan this QR code, or email:
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