What is Cerebral Palsy?

Cerebral Palsy is a physical disability that affects movement and posture.

The Te Reo Māori term for Cerebral Palsy is Hōkai Nukurangi – to achieve what is important to you.

Approximately **10,000** people live with Cerebral Palsy in Aotearoa New Zealand



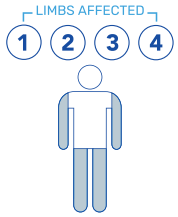
Facts about Cerebral Palsy

1. Cerebral Palsy is a lifelong condition.
2. It is caused by damage to the developing brain in pregnancy to shortly after birth, or up to age 2.
3. Cerebral Palsy can result in different movement types depending on where the brain injury is.
4. Every 3 days a baby is born in Aotearoa New Zealand with Cerebral Palsy.
5. It is the most common physical disability in childhood.

Parts of the body

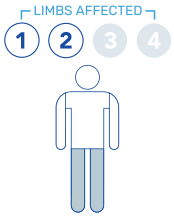
Cerebral Palsy can affect different parts of the body e.g.

SPASTIC QUADRIPLEGIA/ BILATERAL



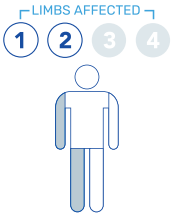
Both arms and legs are affected. The muscles of the trunk, face and mouth are often also affected.

SPASTIC DIPLEGIA/ BILATERAL



Both legs are affected. The arms may be affected to a lesser extent.

SPASTIC HEMIPLEGIA/ UNILATERAL



One side of the body (one arm and one leg) is affected.

Movement and mobility

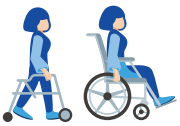
The gross motor skills (e.g. sitting and walking) of children and young people with Cerebral Palsy can be categorised into 5 different levels using a tool called the Gross Motor Function Classification System (GMFCS) developed by CanChild in Canada.



GMFCS Level I



GMFCS Level II



GMFCS Level III



GMFCS Level IV



GMFCS Level V

Hand use

At least two thirds of people with Cerebral Palsy will have movement difficulties affecting one or both arms. Almost every daily activity can be impacted.



Eating



Dressing



Writing



Catching a ball

Associated conditions

People with Cerebral Palsy may also have a wide range of other conditions.

1 in 3 is unable to walk

1 in 4 is unable to talk

3 in 4 experience pain

1 in 4 has epilepsy

1 in 4 has a behaviour disorder

1 in 2 has an intellectual impairment

1 in 10 has a severe vision impairment

1 in 4 has bladder control problems

1 in 5 has a sleep disorder

1 in 5 has saliva control problems

References: Novak I, Hines M, Goldsmith S, Barclay R (2012). Clinical prognostic messages from a systematic review on cerebral palsy. Pediatrics. Nov 2012;130 (5). Palisano R, Rosenbaum P, Walter S, Russell D, Wood E & Galuppi B (1997). Development and validation of a Gross Motor Function Classification System for children with Cerebral Palsy. Developmental Medicine and Child Neurology, 39, 214-223. CanChild Centre for Childhood Disability Research www.canchild.ca. Australian Cerebral Palsy Register, Birth Years 1993-2009, September 2016.

Cerebral Palsy Society freedom & choice

CP360 CEREBRAL PALSY'S GLOBAL NETWORK

Cerebral Palsy ALLIANCE

CanChild www.canchild.ca