

Cerebral Palsy Awareness Month

In March, National Cerebral Palsy Awareness Month brings attention to a group of disorders usually diagnosed in early childhood.

There are different forms of cerebral palsy (CP). A physician determines the kind of movement disorder based on the extent, type, and location of the child's abnormalities. The disability can occur during development in the womb, but it can also occur during birth. As a result, diagnosis may be delayed until parent's notice missed milestones.



CP is a life-long condition. Children and adults with CP may require a range of care. While there is no cure, many therapies, and adaptive strategies support someone with CP throughout their life. For example, speech devices make it possible for someone with CP to speak independently. Electric wheelchairs provide mobility. However, accessibility is still an issue in some areas of the country.

Through advocacy, research, and education improved awareness breaks down the barriers many with CP face.

HOW TO OBSERVE #CerebralPalsyAwarenessMonth

Wear green in support of Cerebral Palsy Awareness Month. Green represents new growth and inspires a renewed life. You can also:

- Read books to learn more about cerebral palsy. For example:
 - Someone Like Me: An Unlikely Story of Challenge and Triumph Over Cerebral Palsy by John W. Quin
 - Cerebral Palsy: No Child Left Behind by J.B. Snow and Jayden Emily Schultz
 - The Four Friends Next Door: A Celebration of Special Needs by Nabila S. Qadri
- Watch TV shows or movies about cerebral palsy or that feature characters who have cerebral palsy:
 - My Left Foot directed by Jim Sheridan and starring Daniel Day-Lewis, Brenda Fricker, Alison Whelan, and Kirsten Sheridan
 - Speechless starring Minnie Driver, John Ross Bowie, Cedric Yarbrough, and Mason Cook.
- Attend a webinar to learn more about cerebral palsy.
- Donate to a fundraiser to support those with cerebral palsy and research for treatments and a cure.
- Visit cerebralpalsynewstoday.com to learn more.
- Use #CerebralPalsyAwarenessMonth to share your experiences on social media.

NATIONAL CEREBRAL PALSY AWARENESS MONTH HISTORY

Several groups promote National Cerebral Palsy Awareness Month, including [Gillette Children's Specialty Healthcare](#) and cerebralpalsynewstoday.com.

Sincerely,

Del Norte Healthcare District Board of Directors

Kevin Caldwell, M.D.
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Juan Santillan

SOURCES:

<https://nationaldaycalendar.com/national-cerebral-palsy-awareness-month-march/>

<https://cerebralpalsynewstoday.com/2018/03/06/cerebral-palsy-awareness-month-march-green-spread-word/>
