



The NOODLE

Open up and say AHHHH!!!



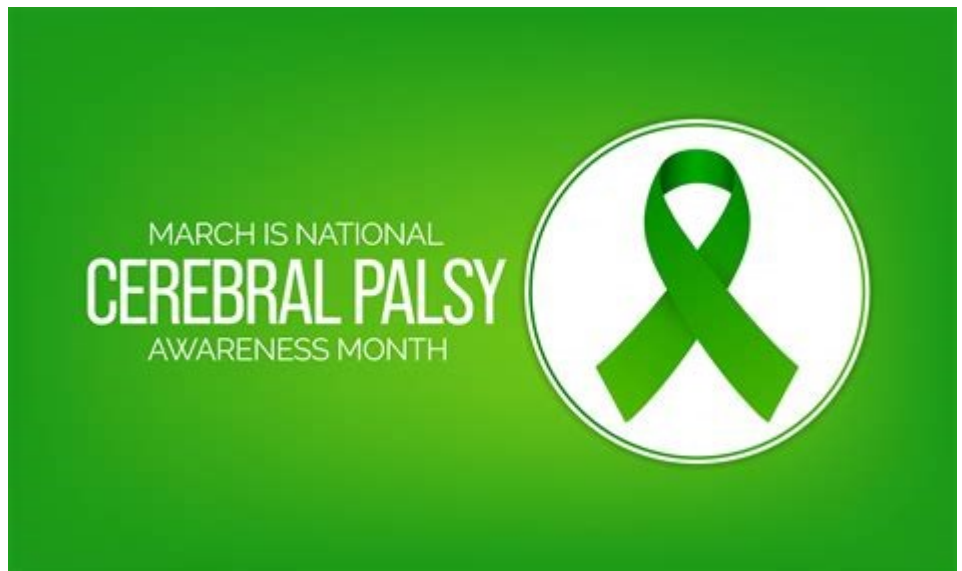
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Welcome to the March 2023 edition of *The Noodle*, written and published by members of The Florida Youth Council! For this issue of *The Noodle*, members of the FYC wrote about Cerebral Palsy Awareness Month. This allowed members to share, express and explore their personal insights, experiences and memories. We hope you enjoy learning about our experiences and our thoughts and opinions in this edition of *The Noodle*!

Current Members:

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What is Cerebral Palsy?

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

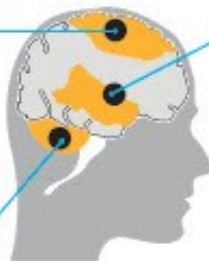
It is the most common physical disability in childhood.

You can help advance our knowledge and research into cerebral palsy by joining a Cerebral Palsy Register. Find out more at worldcpday/cpreregisters

17 million
people with cerebral palsy
worldwide

MOTOR TYPES

SPASTIC: 80-90%.
Most common form. Muscles appear stiff and tight. Arises from Motor Cortex damage.



DYSKINETIC: 6%.
Characterised by involuntary movements such as dystonia, athetosis and/or chorea. Arises from damage to the Basal Ganglia.

MIXED TYPES:
A number of children with CP will have two motor types present e.g. spasticity and dystonia.

ATAXIC: 5%

Characterised by shaky movements. Affects balance and sense of positioning in space. Arises from Cerebellum damage.

PARTS OF THE BODY

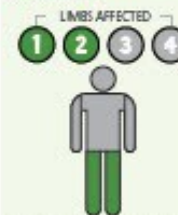
Cerebral palsy can affect different parts of the body e.g.

SPASTIC QUADRIPLEGIA/ BILATERAL



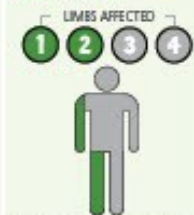
Both arms and legs are affected. The muscles of the trunk, face and mouth are often also affected.

SPASTIC DIPLEGIA/ BILATERAL



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

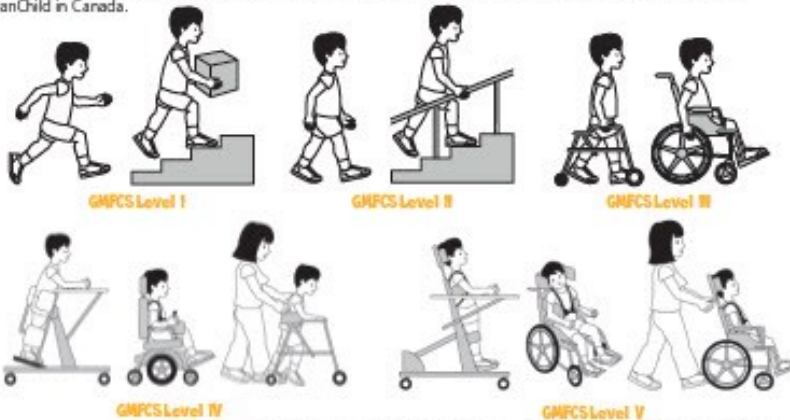
SPASTIC HEMIPLEGIA/ UNILATERAL



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

GROSS MOTOR SKILLS

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 illustrations 1-5 © © Bill Iezz, Kate Wilgotsky, Adrienne Hawer and Kerri Guttman, The Royal Children's Hospital Melbourne

MANUAL ABILITY

At least two thirds of children with cerebral palsy will have movement difficulties affecting one or both arms. Almost every daily activity can be impacted.



ASSOCIATED IMPAIRMENTS

Children with cerebral palsy may also have a range of physical and cognitive impairments.

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 sleep disorder



1 in 5

has saliva control problems





Cerebral Palsy Awareness Month

Cerebral Palsy, sometimes commonly just referred to as CP, affects many people. It can affect people differently and the severity can differ greatly from one person to another. I know this first-hand because I have what is considered a mild case of it. It's caused by a brain injury, often caused at birth, which affects your muscles and makes them very tight. It causes physical limitations and can cause other various issues for those who have it. Back in 2006, a group of self-advocates deemed the Month of March as CP Awareness Month and specifically March 25 as international CP Awareness Day, and the movement caught on. It is meant to spread awareness to those who don't have it and how it majorly affects those who do have it regularly. Green also became associated with CP over time. People are encouraged to wear green throughout the month of March and specifically on March 25 every year to spread CP awareness. As someone with CP, I encourage everyone to do this and spread the word about it to everyone you know!

By Derek Carraway



**EVERY CASE OF
CEREBRAL
PALSY IS AS
UNIQUE**



**AS THE
PERSON
WHO HAS IT**





A Personal View of CP

Cerebral Palsy Awareness Month is here so I wanted to give you my perspective on having cerebral palsy and the things you should know. Most people know that it is a neuromuscular problem that develops as an infant, or maybe even before birth. What most people think of are people who have trouble walking or even require wheelchairs. This is usually a result of damage to the brain or atypical neurological development due to premature birth. In my case both these events occurred. Therefore, cerebral palsy is part of my daily life. I do use a wheelchair and have trouble with my arms and legs, as well as trunk control.

Something you may not know is that cerebral palsy often comes with other issues. It is not unusual for people with CP to have problems with their eyes tracking properly. I should know because I did two years of vision therapy training my eye muscles to work together so I can track properly for reading. Another common problem is that people with CP have a startle reflex, either visual or auditory, or even both. This startle reflex is normal for infants, but where most people grow out of it, it is much more difficult for those CP. For me this means that sudden noises are distressing. I frequently wear ear protection to help me tolerate the noise. It seemed that every time we went out, a tray of dishes crashed to the floor or ice machines made a racket, making for a very unhappy baby. When my parents discovered noise cancelling earmuffs, it opened a whole world for us. But don't even get me started on fireworks. Sometimes visual surprises can also bother me. Weird examples from my childhood include butterflies, costumed characters, and Dory in Finding Nemo, whose rapid darting around the screen completely freaked me out. (Don't judge me; I was only three!)

So next time you see someone with cerebral palsy, try to see the whole person and not the disability. We might look different, but inside we are the same as you. And of course, be sure to speak to the person, not just the caregiver or family. You might just make a new friend!

By Serena Wetmore



WE DON'T KNOW
- how -
Strong
we REALLY ARE ...
UNTIL
BEING STRONG
IS THE ONLY **Choice**
SUPPORT
CEREBRAL
PALSY
awareness





CP Awareness Month



CP stands for Cerebral Palsy, a disability that is common in children and adults. Those who have CP are affected in many ways. Some are affected in ways that may be very similar to one another, and others can be affected very differently. Some individuals with CP can walk just fine, some can walk with assistance, and some must rely on a wheelchair or other assistive devices. Those individuals with CP are the reason why we have Cerebral Palsy awareness month. It is important to spread the word about this disability because

there is not enough awareness for this disability and disabilities in general. I encourage you to start looking into it on your own and find someone who specializes in this field that will be able to help with more information on it. I hope this brings some awareness and clarification as to what CP stands for and why it is important to have an understanding of what this disability means for the future generations that may have it.

By Morgan Griffin



SUPPORT CEREBRAL PALSY
AWARENESS





How Do I Become Part of The Florida Youth Council?

The Florida Youth Council is a group of youth (between the ages of 15 and 17) and emerging leaders (between the ages of 18 and 30) with disabilities or special health care needs that live in Florida.

The Florida Youth Council is all about getting youth and emerging leaders involved in self-advocacy, peer mentoring and other activities that will improve the quality of life for youth and emerging leaders with disabilities in Florida. The program empowers youth and emerging leaders to decide what issues are important to their generation, to discuss those issues in their state and local communities, and to develop strategies to address them.

We are seeking a group of enthusiastic, motivated youth and emerging leaders to participate. If you would like to take a leadership role in advocating for youth and emerging leaders in Florida, please visit The Florida Youth Council website at www.floridayouthcouncil.com. The program is open to application year round.

We hope to hear from you soon!



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