

## Common Myths About Cerebral Palsy

Cerebral palsy is a chronic neurological disorder that affects a person's motor function and posture. Due to its wide range of symptoms however, the disorder is highly misunderstood. Here are a few myths about Cerebral Palsy and the real facts, too!

### **Myth: People with Cerebral Palsy are always mentally impaired.**

Not only are many people with Cerebral Palsy fully functional mentally, many of them are intellectually gifted.

### **Myth: People with Cerebral Palsy need a wheelchair**

Although some Cerebral Palsy patients do require a wheelchair, many are able to walk with the assistance of crutches. Others can walk and run without any assistance!

### **Myth: People with Cerebral Palsy can't communicate**

Some Cerebral Palsy patients do have impairments related to hearing and speaking. However, those with hearing impairments often use sign language or communication boards. Additionally, many people think all non-verbal Cerebral Palsy patients are mentally retarded. This is also NOT TRUE.

### **Myth: Cerebral Palsy is contagious**

Not at all!! You cannot get Cerebral Palsy from touching or hugging a person with Cerebral Palsy, and babies cannot get it from contact with their mothers, if their mother has Cerebral Palsy.

### **Myth: All Cerebral Palsy is the same**

Actually, there are 4 kinds of Cerebral Palsy: spastic Cerebral Palsy, dyskinetic Cerebral Palsy, ataxic Cerebral Palsy and mixed Cerebral Palsy. According to the CDC, the most common type of mixed Cerebral Palsy is spastic-dyskinetic. Plus, there is a huge spectrum regarding Cerebral Palsy's severity, and each person will have a different Cerebral Palsy experience.

### **Myth: Children with Cerebral Palsy will never live independently**

Again, this relates back to that spectrum of severity. Some people with Cerebral Palsy may need lifelong assistance, but many people with Cerebral Palsy live very independent lives!

### **Myth: People with Cerebral Palsy can't have children**

Cerebral Palsy does not usually affect fertility. Though some people with Cerebral Palsy may choose adoption due to medical issues, many choose to have biological kids.

### **Myth: Cerebral Palsy is rare**

Cerebral Palsy is actually the #1 childhood motor disability, and can affect as many as 1 in 323 children.

### **Myth: Cerebral Palsy is Progressive**

Usually, Cerebral Palsy does not have degenerative effects and often the symptoms get better over time.

### **Myth: Cerebral Palsy is always the result of a birth injury**

Cerebral Palsy is caused by trauma to the brain before, during, or soon after birth. However, it can also be caused by factors like inflammation, congenital disorders or maternal health issues.