

WHAT IS THE MEANING OF CITIZENSHIP

FOR ADULTS WITH CP
OLDER THAN 40 YEARS
AND WHAT DO THEY
NEED TO SHAPE IT?



BEING PART OF



INDEPENDENT
CHOICES

BEING YOURSELF



AGEING

LISTEN
CAREFULLY



HAVING
AGENCY



SUPPORT

BODY



WORKING
HARDER



DECREASED
MOTOR
FUNCTION



ACCESSIBILITY



PERSISTENCE

CEREBRAL PALSY

BEING YOURSELF



Citizenship means being in control of your own participation in society. This includes having equal relationships with others. Having ownership over your life. Having opportunities to belong to and take part in society.

BODY



Ageing with CP comes with increasing health issues. Taking part in society demands greater effort. Greater effort may be effective, but could also cause additional challenges to one's health, such as increased fatigue. A balance between keeping the body active and not overstepping its limits is important to continue participation in society.

SUPPORT



Citizenship requires various forms of support. Accessibility (of society, public spaces, stores, restaurants and healthcare services) is supportive. This ranges from an extra handrail in a staircase and wheelchair-accessible restrooms to accessible healthcare and support services. Instead of sticking to regulations and protocols, health professionals should listen to the questions of clients and attend to their needs. The knowledge and experiences of clients must be taken seriously. Support should be focused on the client and on what the client wants and is able to do.



FOR PEOPLE WITH
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