Aging with Cerebral Palsy
Aging with Cerebral Palsy
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who wishes to gratefully acknowledge the many ways in which many people contributed to the production of this booklet for the

Ontario Federation for Cerebral Palsy
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Cerebral Palsy (CP) is a hard condition to pin age is limited. It shows that they experience an increase in things like pain, muscle and joint ways, but there are some common issues: fatigue, depression and loneliness, and feelings of isolation.

CP is usually diagnosed within the first few years of life.

Motor function and muscle coordination are fear the aging process. They may ask affected, often leading to such things as involuntary movement of arms, legs and head, and muscle tension.

What will happen to my body?

Balance and posture are affected, often leading to an unsteady walk, or the need to use a wheelchair or other mobility aid to get around.

Which skills or abilities will I lose?

People with CP have full sensation in their limbs. CP cannot be passed on to a child from her mother, at birth. Nor is cerebral palsy the result of a catastrophic accident. Everybody ages, but for those with CP (who may put enormous stress on the body every day), the "wear and tear" feelings of an aging body can come on sooner than the rest of the population.

They may also have varying degrees of hearing impairment, visual impairment, difficulty in learning, or other sensory deficits (e.g. no depth perception). These may, or may not, be related to cerebral palsy. How aging affects you will be different, compared to someone else. How can you cope effectively? We hope this booklet will offer you some practical tips on dealing with the day-to-day issues of aging with your disability.
About this Booklet

Research into how people with cerebral palsy age is limited. It shows that they experience an increase in things like pain, muscle and joint fatigue, depression and loneliness, and feelings of isolation.

Research also suggests that people with CP fear the aging process. They may ask themselves

- What will happen to my body?
- What kinds of skills or abilities will I still have as I age?
- Which skills or abilities will I lose?

Everybody ages, but for those with CP (who may put enormous stress on the body every day), the “wear and tear” feelings of an aging body can come on sooner than the rest of the population.

How aging affects you will be different, compared to someone else. How can you cope effectively? We hope this booklet will offer you some practical tips on dealing with the day-to-day issues of aging with your disability.

Cerebral Palsy: The Basics

Cerebral Palsy (CP) is a hard condition to pin down. No two people are affected in the same ways, but there are some common issues:

- CP is usually diagnosed within the first few years of life.
- Motor function and muscle coordination are affected, often leading to such things as involuntary movement of arms, legs and head, and muscle tension.
- Balance and posture are affected, often leading to an unsteady walk, or the need to use a wheelchair or other mobility aid to get around.

People with CP have full sensation in their limbs. CP cannot be passed on to a child from her mother, at birth. Nor is cerebral palsy the result of a catastrophic accident.

They may also have varying degrees of hearing impairment, visual impairment, difficulty in learning, or other sensory deficits (e.g. no depth perception). These may, or may not, be related to cerebral palsy.
A small percentage of people with CP may have an intellectual delay. Generally, they’re of average, or above average intelligence, capable of holding jobs, having families and active lives. Someone with cerebral palsy is not 'sick'. They may have certain physical limitations, but are able to live fully within them.

**Mobility**

If you have CP, your mobility may be affected. You may have an increased need for help while moving around: your stamina and coordination may worsen over time. Some of the devices mentioned below might make it easier for you to get around.

- Canes
- Walkers
- Wheelchairs
- Leg braces
- Crutches, or
- Other devices

Because of the extra effort involved, you may feel that it isn't worth it, to get up from the couch, chair, or bed, and involve yourself in daily activities. You may say to yourself (especially if you need assistance) that “It's too much trouble, for me and for my assistant, to do activity X.” But take the time, even if you only accomplish one thing per day, at your own pace.

**Communication**

Range of motion in your body will no doubt already be somewhat restricted. You may find that your ability to move your arms, hands and head changes over time. Communication styles may have to change accordingly, even if you already use the technology described below to communicate

- communication boards or books, containing symbols, letters and whole words, which help you express yourself.
- talkers (speech synthesizers that talk.)
- speech.
- sign language, or
- other means of communicating.

People with CP may use other body movements to express themselves. Be sensitive to changes in patterns of

- eye-blinks: find out what means “yes” and what means “no”.
- head movements: up/down, side-to-side? Find out what different movements mean.
- speech: we may have different rhythms and rates of speech. Patience is key here.
• facial expressions: can be keys to understanding meaning.
• arm or hand movements: may mean different things, depending on the context of conversation.

When people with CP talk to you, please don't turn away, or pretend to understand, simply to hurry things up. If they've got something to say, let them say in their own way and time.

What Aging Means for People with CP

What if you have arthritis, and you're not even 55 yet? Does it mean you're aging more quickly than people without CP? Not necessarily, but you are feeling the symptoms of aging earlier than most will. And you'll probably treat your body differently than most people as a result.

"Getting older" means different things to different people. No matter what your level of ability, you WILL slow down as you age.

• Your energy levels won't be as high as they used to, and you'll get tired faster than you used to.
• You may not be as independent as you would like.

Depending on your individual circumstance, CP may affect your body in other ways as well.

CP is often described as being non-progressive, but the word 'non-progressive' describe the injury to the brain, which doesn't change over time. CP will however, affect your abilities as above, to greater or lesser degrees.
Low Energy (and What to Do About It)

Times when your energy is low, are times that you have to choose what to focus on for the next minute, hour, or day. You can't "do it all", as frustrating as that is. As you get older, it's even more important to keep your strengths and priorities in mind, and protect your body from overwork.

Be aware of your physical limits, but appreciate what you CAN do. Take time to relax and enjoy some “down time” to yourself.

- in front of the TV.
- working on the computer.
- listening to, or making music.
- reading a book.
- making art.
- going to a movie or sports event, or
- doing whatever other activities you enjoy.

Be aware of how your body and mind react to physical and emotional stress. If you are tired, take a rest. Gently assert your need to have some time alone. Ask for help to go some place quiet, if you need to.

If you've made plans, check for things like wheelchair access, or have someone do it for you. Take the extra time; make outings as enjoyable as possible. Unforeseen obstacles may arise, and you may have to cancel or change plans. It's frustrating for anyone when that happens, but maybe doubly so for people with CP, who may be feeling especially isolated. Plan to reschedule missed events for another day.

- Make a list: what's important for you to do this hour, day or week?
- Plan your time: schedule appointments and meetings and include things like bathroom breaks and stretching breaks.
- Allow for enough transportation time between appointments.
- Plan time for attendant care.
- Give yourself time for rest and relaxation.
Depression (and How to Deal With It)

It's a chicken-and-egg question: which comes first, loneliness, fear or depression? Many people feel disabled by the effects of depression on the body and the mind. It stops us from

- wanting to be social.
- enjoying ourselves and our lives.
- taking care of our bodies.
- taking risks and learning.

Depression is sometimes linked to a chemical imbalance in the brain. If so, you may want medication to counteract its effects. For many people depression is a temporary state of mind that can be changed. You may be depressed if you notice yourself:

- Making all-or-nothing statements (“I'm ALWAYS wrong.”)
- Feeling more tired than usual.
- Minimizing your successes (“It was nothing really.”)
- Magnifying the successes of those around you (“I'll never be able to do X.”)
- Calling yourself names (“I'm a loser.”)

Feeling bummed out?

- Acknowledge the way you feel.
- Don't keep things inside. Talk about your feelings to someone you trust.
- Crying may help to release physical or emotional tension you may feel.
- Set aside 15-20 minutes a day to feel bummed out, sad or lonely, then think about something else.
- Practice positive self-talk: focus on your strengths, abilities and other positive qualities. You ARE capable, and successful at many things.

Keep a sense of humour about life's ups and downs.

- Read a funny book
- Watch a funny TV show
- Tell a friend a joke
- call a friend who makes you smile

A belly-laugh a day, DOES help keep depression away!
Mental and emotional states also play a role in loneliness. You may feel lonely if:

- you're bored.
- you're sad.
- you have no husband/wife/girlfriend/boyfriend/life partner.

Being alone is not the same as being lonely. You can do things on your own, and still enjoy them! You might want to take some time to reconnect with old friends: those that you've had in the past, but for one reason or another, have drifted away from. Send them a card, an email or listen to music. Phone them to say hello. You may decide to visit each other again, or write letters to each other, getting outside and talk regularly. Going out and doing these activities, or anything else you enjoy.

Remember: You are NOT your disability. It may feel like cerebral palsy rules your life. Maybe at one point, it did. Make adaptations and work around your disability where possible. With proper support you can accomplish a lot.

Loneliness (and How to Deal With It)

Isolation plays a big part in loneliness. People with CP are often forced into greater isolation because of their physical inability to get around as easily as others. Getting out and around may take more time, and involve a number of people. Physical well-being also plays a part in loneliness. People with CP may think “I can't walk/wheel as well anymore, so why bother going out?”

What can you do about it?

- Tell someone how you feel. Don't keep it inside.
- Brainstorm ways to not be lonely.
- Make a plan, step-by-step how to do just one of those things that you brainstormed.
- Go out and DO it!
Mental and emotional states also play a role in loneliness. You may feel lonely if:

- you're bored.
- You're sad.
- you have no husband/wife/girlfriend/boyfriend/life partner.

Being alone is not the same as being lonely. You can do things on your own, and still enjoy them! Some activities you might try are

- card games
- listening to music
- getting outside
- going to a movie
- reading, or
- anything else you enjoy.

You might want to take some time to reconnect with old friends: those that you've had in the past, but for one reason or another, have drifted away from. Send them a card, an email or phone them to say hello. You may decide to visit each other again, or write letters to each other, or talk regularly.
Animal Companions

Pets fulfill a basic need by providing an opportunity to care for something. They can be a source of unconditional love: love with no strings attached! They will provide companionship, make you feel safe in unfamiliar situations, and help calm you down in stressful times. Pets can be one constant presence in an always changing life, always there to give you a friendly lick or a wet-nosed kiss.

Don't have money to buy and keep a pet? See if you can borrow one from (or visit) a friend or family member for a while. Even an hour or two makes a difference.

Exercise

The word “exercise” may conjure up thoughts of the “torture sessions” you had to endure in regular physiotherapy when younger. More often than not, it meant being stretched in every direction, being told that this would help “later in life.” Exercising was often painful, it wasn't fun, and you may have felt you had no choice in the matter.

Now that you’re older, exercise will help you maintain flexibility and mobility as you age. It can also be a good way to socialize. There are many fun things we can do to get exercise, such as

- cycling: with a hand-trike, three-wheeled, or stationary bike.
- walking: it might take more energy and effort, but it is good exercise if you can do it.
- getting outdoors: visit a park or a lake.

Remember: Exercise is not a contest. Do it for yourself, and do it for fun.
swimming: water aerobics or laps are a good low-impact workout.

horseback-riding: always a good stretch for the legs!
tai chi: you may find classes adapted for people with disabilities in your area.
flexibility training: slow, focused body movements.
Almost anything else you can think of. Many sports can be adapted for people with CP.

Plan appropriate exercise (with the help of a trained professional.) Ease into a routine gradually and continue building on your experiences.

If you encounter muscle spasms while exercising that aren’t normally present - STOP - consult with a physiotherapist or other practitioner. Depending on your situation, they may suggest exercise modifications, or provide you with other information related to your muscle spasms. Be aware of how exercise affects your body.

Make exercise easy and fun for yourself by

- listening to music while exercising.
- exercising with a friend.
- planning a certain time of day or week to do your exercise.
- Exercising in short, physically manageable periods of time.
Physical Fatigue

Anecdotal evidence suggests that people with CP deal with physical fatigue on a regular basis. Symptoms can include things like soreness, cramps, and muscle spasms.

Because of the nature of your disability, you're going to get tired, whether you like it or not. When dealing with the fatigue, take steps to make sure you don't get over-tired.

- Know your limits. Of course, this means stretching them occasionally to figure out where your limits are. Figure out what's too much, and what feels just right.

- Take breaks. Listen to your body. If you're moving around and feeling tired or in pain because of it, rest, even if it means leaning on a lamp-post a building, or finding a bench to sit on.

- Ask for help. The most difficult thing many people with disabilities can do, is ask for help. Doing so is NOT an admission of failure in any way: it is simply an acknowledgement of our (sometimes very real) limitations.

Make life easier. Find ways to accomplish things that make you tired, in a way that will be less tiring. Instead of trying to accomplish a big job all at once, break it into manageable chunks.
Mental/Emotional Fatigue.

Educating people about your disability on a daily basis can be tiring, whether you are talking to co-workers, callers on the telephone, complete strangers or even friends. For able-bodied strangers (and not-so-strangers!) boundaries of privacy become blurred or non-existent. They may feel they can ask you any question, any time, no matter how personal. This is not the case. If you feel that your personal space and privacy has been violated, you have a right to walk away from, or otherwise avoid the situation.

Your day-to-day routine can be exhausting in itself: scheduling care, booking transportation, and having time for a social life all take time and energy. Sometimes the simplest of things becomes the most frustrating.

Make life a little less stressful by

- going at your own pace, or getting someone to help you. Never mind how quickly “other people” do things.

Delegate tasks for others to do:

- Grocery shopping: many stores offer shopping services and delivery to your home for a small extra fee. If you’d rather go to the store, ask a friend or family member for help if you need it.

- Meals: you can have them delivered (via Meals-on-Wheels or similar programs), or buy them already made. If you’re on a tight budget, try buying one or two a week, rather than a whole week’s worth.

- Piles of laundry getting you down? Do what you can, leave the rest ’til tomorrow. A wheeled cart makes it easier to take it to the laundromat, or your laundry room.

- Housecleaning chores: go at your own pace, or get some help from family members or friends. Depending on your budget, you might think of hiring a housekeeper to take care of the major chores.
Nutrition

One way to lessen the impact of fatigue on your body, is to make sure you have a diet that is adequate for your needs. Your body take a lot of stress and strain, and good food helps to replenish lost energy, not to mention lost nutrients.

You may not have enough money to buy the food you need or want. Eat as healthily as you can: beans, milk, yogurts and cheeses, eggs and nuts are all healthy in moderation. Some stores stock precut vegetables, which will make food preparation easier. Meats (such as sausage) often come prepackaged, and are quick to prepare.

Remember: Vary your diet so it doesn't get boring. Variety also helps ensure you get all the necessary nutrients for a healthy body.

Being Healthy

Because cerebral palsy affects different bodies in different ways, problems, reactions, and solutions will be different from person to person. One may need to take special care of their feet for calluses, and the other may need to deal with bed sores, if they're unable to move unaided.

As people with CP age, they may need increased help with

- eating.
- shaving.
- dental hygiene.
- bathing.
- reading/writing letters.
- transportation to medical appointments and other outings, and
- other tasks.

You may be able to find things like adapted eating utensils, toiletries and pens, or you may want to adapt them yourself. You may need to adapt daily routines to allow for extra time, or ask for help.
Chronic Pain

People living with CP may be more susceptible to physical wear and tear. Getting around takes a lot of physical effort, and your body parts may not be as strong as those of able-bodied peers, to begin with.

Where does chronic pain hit? In our backs, necks, shoulders, hips, hands: almost anywhere.

What can you do about it?

- Get to know your body. Feel where the pain is, so that you can describe it to a health practitioner. For example, what makes the pain worse, how long does it last? What minimizes the pain?

- Alter your routine to take the pain into account. If an activity hurts, don't do it, or find a different way of accomplishing the same goal.

- Make use of physiotherapists, massage therapists, acupuncturists, or other therapies when and if possible. Ask a friend or family member if they'd be willing to massage painful areas for a few minutes.

- Use relaxation techniques, meditation practice or breathing exercises to reduce stress. Things like muscular tension can aggravate pain.

- Make an appointment with your doctor to discuss any pain problems you might be having, and possible treatment options.

Because of repetitive motions (such as falling, pushing a wheelchair, or leaning on canes) we may develop arthritis, carpal tunnel syndrome, or other chronic- or near-chronic pain issues as we age. Don't ignore these (or any other pain-related issues,) as they may have an effect on your future mobility and agility.

Remember: If you have CP, it doesn't mean you won't be dealing with other health concerns. A person with CP is just as likely (and maybe more likely) to have to deal with the health concerns related to aging, as anyone else. Physical ailments besides our CP will have to be prevented and dealt with. See your doctor if you have any concerns or questions about your health.
Long-Term Planning

For you, the words “long-term” may mean a week, a month, or a year from now. But it is important to think ahead and plan (even a little) for the future.

Whatever type of CP you have, it's probably a good idea to examine of your physical, emotional, and social health, and plan for the future.

*Remember: Don’t let planning for the future stop you from living in the moment.*

Emotional health: how you will deal with upsets in your life? What steps will you take to get back on your feet and feel good again?

Social health: friends come and go in our lives. As you get older, you might find your social life getting stale (not as busy as you would like) or too busy. How will you deal with changing support and social networks?

Physical health: your body will deteriorate. Will you be able to take care of yourself? How much will you be able to do? What kinds of tasks will you delegate to others? What other arrangements will you need to make for your care?

The answers to these questions should take into account your abilities, responsibilities, living situation and other concerns or issues that you may have.

Financial matters: make sure your financial matters are up-to-date. Keep your bank records in a safe place. A weekly or monthly budget helps keep track of expenses, and may help you plan for possible emergencies.
Getting Around Safely

As you age, you may find it a little harder to get around, and going places may take longer.

*Remember: Get enough sleep. If you are deprived of rest and sleep time, it can affect your functioning and of course, your energy levels. Plan a way to get a good chunk of time for uninterrupted sleep*

Make sure you're adequately prepared, especially in winter weather with boots, scarves, gloves, etc. If you walk and talk (but are at risk for falling on ice or snow) you might want to invest in a cell-phone for emergencies. Otherwise you might want to think of an emergency plan that will get you through rough spots.

Make your home easier to navigate:

- Don't have too many area rugs lying around: less chance you'll trip and fall.
- If you're in a wheelchair, consider taking some doors in your house or apartment off their hinges for ease of movement between rooms.

- Remove arms from chairs if it's more comfortable
- Break bigger tasks into smaller, more manageable steps.
- Wear low-heeled shoes, or go barefoot in the house. Socks will cause you to slip more often.

Ask yourself:

- Do I have easy mailbox access?
- Are my windows and doors easy for me to open?
- Are my cabinets easy-to-open and easy to access?
- Do I have good lighting in the kitchen?
- Can I sit down and get up from furniture easily?
- Do I have unstable furniture that can tip and cause me to fall?
- Is my bed low enough? Are there obstacles between the bed and bathroom?
Adaptations for the Home

Adaptations for the home which may be useful to you may include

- grab bars.
- handrails.
- lever and latch-type door handles.
- stair lifts.
- grabber arms (for reaching things on shelves.)
- one-handed flour sifters, bowl holders for the kitchen.

Most of this technology is accessible to the average person, with a little research. Cost considerations may mean that more advanced equipment, such as a completely user-friendly home, may be beyond the reach of many people with disabilities. If you can't afford to fit your whole home with adaptations, consider adapting the rooms where they are most helpful to you.

Other Adaptations

Adaptations may not always cost a lot of money. You may be able to adapt to a situation by changing your lifestyle slightly. Velcro fasteners, elastic waistbands, and long-handled shoehorns are examples of widely-available and inexpensive adaptions.

Dealing with the ins-and-outs of your disability on a daily basis can be frustrating, tiring and just plain hard work. Remember to have fun.

- Take up a hobby or two. Create something (anything!) Don't worry whether it's good or bad, just do it for fun.
- Watch movies, read, play games, visit friends: whatever makes you feel good.
- Regain or develop a sense of wonder at the world: wander in a garden, go to a library, walk or wheel in your neighbourhood. Let what you see give you enjoyment.
Live for Today

Whether young or old, occasionally people relive old mistakes and have regrets about things they did (or didn't) do. That's fine: it happens to everyone. Take a few minutes or hours and just mope around. Then focus on your life as it is now, work towards your goals, and keep dreaming. Seize opportunity today, and let yesterday go.

Interdependence Versus Independence

Western society focusses on independence: being and doing things alone and with little help. Getting that first job, travelling, moving out of the house, etc. All of these things are seen as milestones in life. Those with CP sometimes feel left out of those activities, because they are often dependent on others for their physical well-being.

A far more realistic focus for anyone as they age may be the concept of interdependence: it neither emphasizes dependence, nor independence, and placing the focus on partnership and the sharing of responsibilities.

Interdependence doesn't mean you don't do things on your own sometimes, or depend on others occasionally. But it does mean that your emotional and physical “load” can be lightened considerably.

Make your own milestones. Define your own successes. For example, if you used to live with your parents, but now live independently: that's a step forward, that's a milestone. Make sure you celebrate it.
Sexuality and Aging

Older people have the same needs for sexual expression as younger ones: your need to indulge in sexual pleasure doesn’t end. You may need to adapt any sexual positions to take into account reduced mobility, or a new impairment but don’t let that stop you from being sexual by yourself, or with your partner(s).

Elder Abuse and Violence

Reduced mobility may mean that you are at increased risk for abuse and victimization. This abuse can be physical, financial, sexual or emotional in nature.

- Keep all your financial records, and other valuables in a safe place.
- Call 911, and report the incident to police when they arrive.
- Call an ambulance if you need it, or have someone drive with you to hospital. At the very least, get a physical exam to make sure that you have no broken bones or internal injuries.
- If your bank cards or credit cards are stolen, notify the appropriate banks and companies as soon as possible, so that they can cancel the cards and prevent your accounts from being drained or charges being made to your credit account by someone else.
If you're being criticized, humiliated, put down, made fun of, or even forced to stay in your room or house, that counts as emotional or physical abuse. You have a right to be respected by family and friends, for who you are, not who others say you should be.

Perhaps the hardest step you'll need to take when you're being abused, is to get out of the situation. Because of your physical vulnerability and advancing age, it may be difficult on both an emotional and physical level.

Enlist the help of friends or family who can support and aid you in your escape. They may be able to offer a temporary place to stay, or lend you some money in an emergency. If you have no place to stay, emergency shelters may be able to provide you with food, clothing, counseling, housing service and legal advice services.

Make up a code word to use with friends and family, to let them know you need help. Leave money, copies of important documents (such as bank books, credit cards, passports etc) an extra set of clothes, and any other medical necessities with a trusted friend. Open your own bank account, so that you alone have access to your money. Take time to plan the safest, quickest way to leave your abuser. Rehearse the safety plan, as much as you can. Borrow a cell-phone if you need to, and make sure any new phone number you eventually get, is an unlisted one. Give the new number to people you trust.

Say to yourself and to people around you:

“I deserve respect, not abuse. I'd rather surround myself with people who will love me for who I am right now.”

Make a concentrated effort to place yourself in the company of caring friends and family, and avoid an abuser. If your abuser is a paid caregiver, fire them outright, and find someone who will respect your body, and your need for privacy.

Older people have the same needs for sexual expression as younger ones: your need to indulge in sexual pleasure doesn't end. You may need to adapt any sexual positions to take into account reduced mobility, or a new impairment but don't let that stop you from being sexual by yourself, or with your partner(s).

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If your bank cards or credit cards are stolen, notify the appropriate banks and companies as soon as possible, so that they can cancel the cards and prevent your accounts from being drained or charges being made to your credit account by someone else.
The Importance of Friends

“Friends are the family you choose yourself.” - Anonymous

Having a good social support network (family, friends, roommates, etc.) who accept you for who you are right now - leads to feelings of well-being, self esteem and control over your life. Having friends also provides a defence against stress.

Close friends and family will do social things with you, and may even help with aspects of your care at times, if need be. They'll make you laugh, and let you cry. Friends can also be a source of non-sexual touch. Friendly touches (on the arm, hands or face) are important in relationships, and you may hug each other, give a kiss hello or goodbye. Touch is a good way to acknowledge the importance of someone in your life, and benefits both the giver and the receiver.

Don't underestimate the importance of a friendly handshake or hug. We all need to feel connected, even in the smallest ways.

Satisfaction derived from relationships counts. If a relationship isn't satisfying, take steps to change it (talk to your friend about how you feel, and what kinds of change you want to see happen. This way they will be able to respond (or not) to your concerns. You can't control their response, but being honest about how you feel will help the relationship grow, or indicate that a change needs to happen.
Feeling Confident

Don't second-guess your ability to take care of yourself. You'll learn along the way, what works and what doesn't. Set your own criteria for success, rather than go by someone else's. You may have to keep reminding yourself to do this, but you'll be happier if you set your own standards for success and failure, rather than cling to one that doesn't work for you.
A Final Note

The information provided in this booklet provides guidelines and ideas for care and living; by no means does it cover every possible situation you may encounter in the course of daily life.

References used in compiling and writing this booklet have been noted at the back.
References


Basic overview of hundreds of medical conditions and their (sometimes) simple treatments; things to keep in mind when seeking medical treatment.


Good overview of self-esteem, identifies many barriers to good self-esteem, and feelings of self-worth. Provides step-by-step exercises to overcoming such things as the inner critic, making accurate assessments of the self, dealing with mistakes, and having compassion for the self.


A practical book, full of tips for living an active lifestyle.


Academic study useful for the identification of issues of concern to older people with CP.


A comprehensive guide to aging well, from physical, emotional, psychological and spiritual perspectives. Full of practical information.
Video

8. Debunking the Myth of Old Age.

Websites


10. EnableLink <enablelink.org> excellent source of information brought to you by the Canadian Abilities Foundation, publishers of Abilities magazine. Articles and discussion forums on aging, disability issues and much more.
8. Debunking the Myth of Old Age.

9. Project Blue Sky (projectbluesky.ca)
   A good site for information on dealing with (and extracting yourself from) relationship violence.

10. EnableLink (enablelink.org)
    An excellent source of information brought to you by the Canadian Abilities Foundation, publishers of Abilities magazine. Articles and discussion forums on aging, disability issues, and much more.