

## CEREBRAL PALSY

### *Helping with Daily Routines*

<i>Client:</i>	<i>Date:</i>
<i>Clinician:</i>	

Each person with CP has unique strengths and areas of difficulty. But most people with CP need ongoing help with:

- Feeding and eating: Special utensils, such as plates that stick to a surface; and serving soft or semi-solid foods, such as oatmeal, may be helpful.
- Using the toilet: Special undergarments and training by an occupational therapist are common ways to help.
- Bowel elimination: Stool softeners and mild laxatives are frequently used for constipation.
- Dressing: Provide clothing and shoes that are easy to put on and take off, such as those that zip or button in the front (not the back) or that have large buttons, ties, or Velcro fasteners.
- Dental care: Use special equipment, such as a mechanized teeth-cleaning water spray or electric toothbrush; buying toothpaste for sensitive gums; and making sure he or she has regular dental cleanings.
- Skin care: Drooling is common in people with CP, which can cause skin irritation around the chin, mouth, and chest. You can help prevent skin irritations and protect skin by blotting rather than wiping drool, using absorbent cloths to cover the chest, and applying lotions or corn starch to areas that are prone to irritation.
- Keeping active: Move limbs to help keep muscles strong and joints flexible.
- Safety: People with CP are prone to falls and other accidents, especially if they are affected by seizures. You can take general safety measures at home-such as having heavy, sturdy furniture or not polishing floors-to help avoid accidents. Also, use common sense and care around sharp objects, and never leave a person with CP alone while he or she is bathing.

*Adapted from webmd.com*

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#### **IMPORTANT NOTICE**

Contact the on-call nurse if you are experiencing any change in your current health condition.  
For ALL emergencies requiring IMMEDIATE medical attention, call 911.