



**You get upset.**

**You are old.**



You are more than 55 years old.

You may be

- 58
- 67
- 75.



You have cerebral palsy.

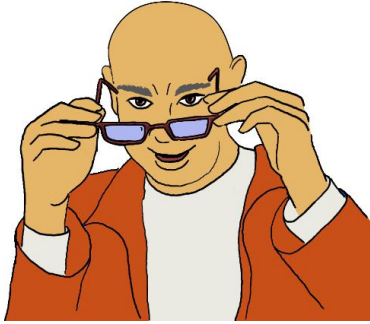
Life can be hard.

You are in pain. It may be the time.



You may feel tired.

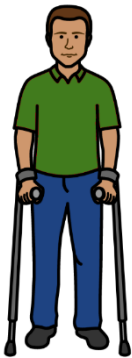
You can only do things for a short time.



Your body can change. You may need

- glasses
- hearing aids.

This is the same for all people.



Your body can change.

It is from your cerebral palsy. Like

- you need a wheel chair
- you need help to talk.



Your pills may make you feel sick.

It has **not** been like this before.



You may forget things now.

You do this all the time.



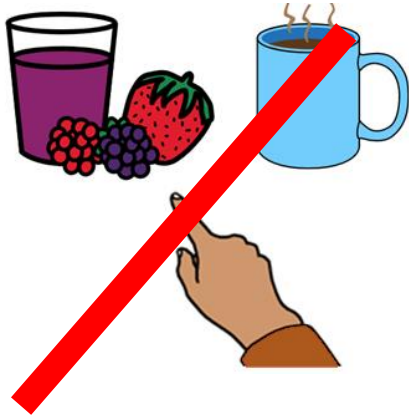
It takes you more time to do things. Like

- shower
- get dressed.



You can **not** do the things you want. Like

- see your friends
- do your art
- play sport.



You want to

- make choices
- tell people what you want.

You can **not** tell people what you want.



You may feel sad.



You may feel angry.



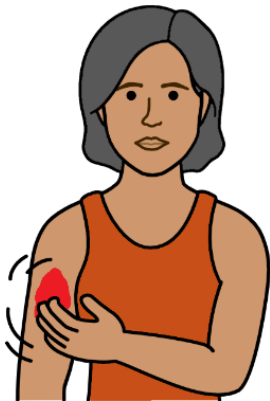
It is hard to tell people how you feel.

You may show people.

You do it in your own way. You may

- wave your arms
- yell.

**Or**



You may rub your arm.

You do it all the time.

You break your skin. There is blood.

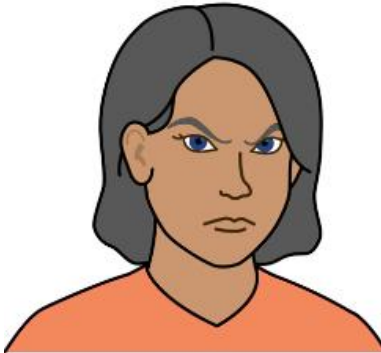


There are lots of things you want to say.

You may be

- in pain. Like you have a sore head.

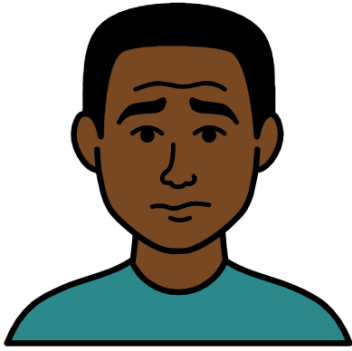
**or**



- angry. Like you missed your TV show.



You may be happy.



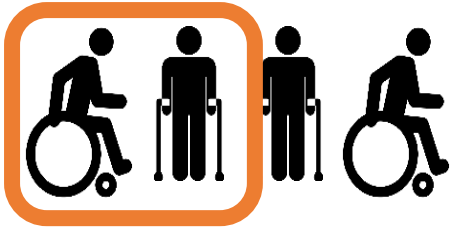
It can be hard to know what you mean.

Some people may feel scared.



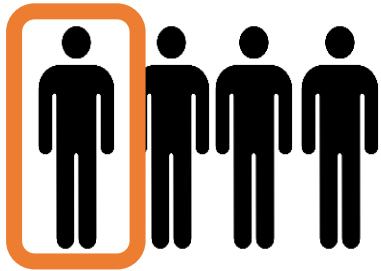
You may feel like no one listens to you.





Many people with cerebral palsy feel like this.

We call this a mental health problem.



It is more than people with **no** cerebral palsy.



## What can you do?



You can try new things.

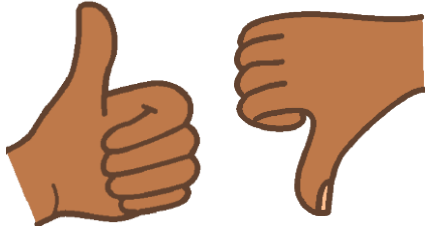
You can do it at home. Like

- deep breathing



- listen to music.

It may help you feel better.



Different things work for  
different people.

It may take time to find what works.



Talk to your doctor.



You can talk to a speechie.



You may need to talk to a person.

It is about

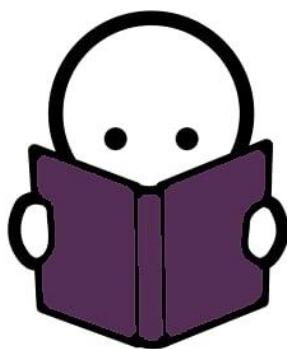
- how your body changes
- how you feel.



You may need to see a special doctor.

They can give you pills.

They can make you feel better.

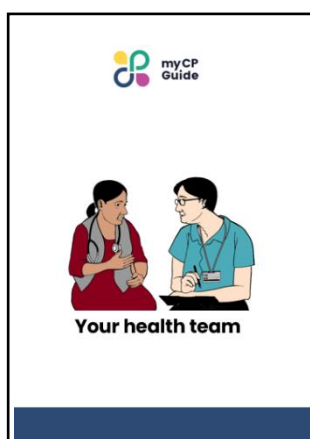


**You want to know more**



Read

**How you feel. You are old.**



Read

**Your health team.**



Read

**You want to talk to people.**



Read

**You want to meet people.**

**You are old.**