

EVENT GUIDE 2019



WORLD
CEREBRAL
PALSY
DAY
OCTOBER 6



CEREBRAL PALSY
MOVE AS
ONE

ABOUT WORLD CP DAY

World Cerebral Palsy Day is a movement of people with cerebral palsy, their families, and the organisations that support them, in more than 75 countries. Our vision is to ensure that children and adults with cerebral palsy (CP) have the same rights, access and opportunities as anyone else in our society.

Together, we can make that happen.

CP is one of the least understood disabilities - and people with CP are often out of sight, out of mind and out of options in communities around the world.

HOW TO GET INVOLVED

Being a part of World CP Day is easy, and anyone and everyone is welcome to take part. All you have to do is celebrate!

Whether you hold a big event, a small event, celebrate with your friends and family, visit one of our many lightings, or get outside and exercise as part of Move As One, you're involved! The next step is to share photos on social media and tag us @WorldCPDay. You can also use the hashtags #WorldCPDay #CPMoveAsOne and #GoGreen4CP to share your photos with our global CP community.



2019 THEMES



MOVE AS ONE

This year World CP Day has partnered with the Cerebral Palsy International Sports and Recreation Association (CPISRA) to promote the benefits of sport and physical activity on the quality of life of people with cerebral palsy.

On Sunday October 6, we want you to get outside at 1:00 pm and Move As One – 30 minutes of physical activity with family and friends. We want to create a wave around the world, from New Zealand to Alaska!

GO GREEN 4 CP

On October 6 2019, the world's focus will be on the 17 million people with CP and the 350 million people who support them.

With little public recognition for their lives and achievements, and scant attention from policy makers and influencers, WE have to take action. This year the world is going GREEN to shine a light on the children and adults who have CP.





GET STARTED

FOLLOW US!

We are @worldcpday on Facebook, Twitter and Instagram

PLAN YOUR DAY



GO GREEN 4 CP

We're on our way to securing 200 landmarks around the world to #GoGreen4CP! Head to worldcpday.org/map/ to see all the locations and find one near you. If you go along, be sure to take a photo, tag us and use the hashtag!

OTHER WAYS TO GO GREEN

Ask a local businesses to decorate their windows and public areas with green balloons, green posters, or ask their staff to wear green clothes on the day.

Ask local schools to celebrate World CP Day, with a green-themed fundraising or education event.

Print green t-shirts and get out onto the streets or parks for a rally or family event.

VISIT WORLDCPDAY.ORG/TOOLS/ FOR LOGOS, POSTERS, PHOTO PROPS & MORE!

GET STARTED



PLAN YOUR DAY

MOVE AS ONE

The benefit of sport on physical and mental health and well-being is undisputed so we're encouraging you to do up to 30 minutes of physical activity at 1pm wherever you are on October 6.

ACTIVITIES

Use your imagination or do something you enjoy, anything that gets you moving for up to 30 minutes. Please consider safety in all activities and get the appropriate support when required.

- Go for a group walk
- Gather for a stroll or roll with your friends and families
- Run, cycle, RaceRun or wheel
- Try something new like rock climbing or horse riding
- Go swimming, in your local pool or outdoors (always consider safety)
- Play a game of boccia with your friends and family
- Have a game of cricket - either table cricket, wheelchair cricket or ambulant cricket
- Get outside and do some gardening
- Have a game of football - either ambulant football, frame football or powerchair football
- Play tennis
- Go hillwalking and conquer a local hill (always consider safety)



RESOURCES

To help you organize your event, we have a suite of resources available. Click here to visit our resources page, and download the following:

POSTERS

- World CP Day 2019
- Join us on the map
- Key issues
- Go Green 4 CP
- Move As One

LOGOS

- World CP Day in multiple languages
- Go Green 4 CP
- Move As One

MEDIA RELEASES

- World CP Day 2019
- Key issues

TALKING POINTS

- World CP Day 2019
- Key issues

PHOTO PROPS

- World CP Day 2019

SOCIAL MEDIA

- Facebook & Twitter page/event profile pictures

FACEBOOK FRAMES

- World CP Day 2019
- Move As One
- Go Green 4 CP

ABOUT CEREBRAL PALSY

- What is CP infographic?
- CP Diagnosis & Treatment poster
- CP 'My Favourite Words' poster
- Guides
- Slide show

WORLD CEREBRAL PALSY DAY
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WORLD CEREBRAL PALSY DAY
6 OCTOBER

I AM HERE

An Invitation to Join World Cerebral Palsy Day
Sunday 6 October 2019

World Cerebral Palsy Day is a movement of people with cerebral palsy and their families, and the organisations that support them, in more than 70 countries. Our vision is to ensure that children and adults with cerebral palsy (CP) have the same rights, access and opportunities as everyone else in our society.
Together, we can make that happen.

CP is one of the least understood disabilities - and people with CP are often out of sight, out of mind and out of options in communities around the world. Our movement starts with a fundamental declaration: **I AM HERE.**

SIX AREAS FOR CHANGE
There are six key issues that affect the lives of people with CP globally. These are our World CP Day targets - for action, ideas and celebration. Find out more in the Key Issues Guide over the page:

- Public awareness
- Medical/therapeutic
- Education
- Civil rights
- Quality of life
- Contribution, including employment

HOW WE WILL DO IT TOGETHER
We are here!

Build the global community by asking people to join us on the Map, highlight the issues facing people with CP around the world. Give you the tools for action in your community, as groups or individuals. You can choose one or more of the key issues as the focus of your effort. Ask you to share your tools, tactics and stories so others can benefit. Highlight and reward the successes that could be adopted elsewhere.

movement starts with local action and we'll give you the resources to do that. The **World CP Day** the global to connect with the community, explore the issues and download tools and templates to your local campaigns. There are logos, placards, posters, talking points, digital assets and more.

WANTED
Let us know if your organisation will participate in 2019 which of the key issues you want to highlight in your World CP Day campaign for holding a local and physical **Move As One** event at 1.00 pm on Sunday October 6, or join our **Go Her CP** campaign to fight local landmark.

Help your clients and families to go onto the website, mark their spot on the world map and share their story - "I Am Here, and I want the world to know..."

Your ideas and tools for creating change, no matter in our country can be adapted for use in other. Each year, we recognize the best projects in the World CP Day Awards.

IT US
How to help from you:
email: World Cerebral Palsy Day Manager
worldcpday@worldcpday.org, T: +41 2 9015 9873
www.worldcpday.org

Cos'è la paralisi cerebrale infantile?
La paralisi cerebrale è una disabilità fisica che colpisce il movimento e la postura.
È la disabilità motoria più frequente nell'infanzia.
17 milioni di persone con paralisi cerebrale infantile nel mondo

FORME MOTORIE
La paralisi cerebrale infantile può colpire diverse parti del corpo, ad esempio:
- **Paralisi spastica:** caratterizzata da rigidità muscolare e contratture.
- **Paralisi atettica:** caratterizzata da movimenti involontari e incontrollati.
- **Paralisi mista:** caratterizzata da una combinazione di rigidità e movimenti involontari.

PARTI DEL CORPO
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ABILITÀ GROSSE MOTORIE
Le abilità grossolane sono quelle che richiedono l'uso di grandi gruppi muscolari e che coinvolgono il movimento globale del corpo. Esempi: camminare, correre, saltare, lanciare, afferrare un oggetto con le mani.

ABILITÀ MANUALI
Le abilità fini sono quelle che richiedono l'uso di piccoli gruppi muscolari e che coinvolgono movimenti precisi delle mani e dei polsi. Esempi: scrivere, disegnare, tagliare, cucire, usare gli utensili.

DISTURBI ASSOCIATI
I bambini con paralisi cerebrale infantile possono avere anche una serie di disturbi di tipo cognitivo:
- **1 su 3** ha un ritardo cognitivo.
- **1 su 4** ha un ritardo di lettura.
- **1 su 4** ha un ritardo di scrittura.
- **1 su 2** ha un ritardo di calcolo.
- **1 su 10** ha un ritardo di comprensione.
- **1 su 4** ha un ritardo di memoria.
- **1 su 5** ha un ritardo di attenzione.
- **1 su 5** ha un ritardo di comunicazione.
- **1 su 5** ha un ritardo di interazione sociale.

World Cerebral Palsy Day worldcpday.org

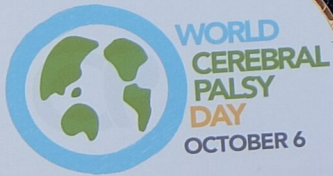
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OCTOBER 6



I AM HERE

#worldcpday

REMEMBER TO...

- ✔ Wear green
- ✔ Post photos to social media
- ✔ Tag us @worldcpday in your social media posts
- ✔ Use hashtags #worldcpday #cpmoveasone #gogreen4cp
- ✔ HAVE FUN!