



STEPTEMBER

WE ARE **STEPPING UP** FOR THOSE WITH CEREBRAL PALSY

Salisbury City
Rotaract



PLEASE SUPPORT
OUR TEAM
WITH DONATIONS



PLEASE TAKE 2 MINUTES TO DONATE.

As little as 10 dollars (the cost of 2 coffees) goes along way to support the work of the Cerebral Palsy Alliance.

**OUR AIM IS \$16,000 DURING THE MONTH OF
SEPTEMBER!!**



SCAN ME



EMILY'S STORY

Salisbury City
Rotaract



I have a form of Cerebral Palsy called Spastic Diplegia, this I acquired at birth. I was two months premature, so as a result, I have been affected in my daily life as far back as I can remember. Over the year, I have had both my femurs broken, faced a multitude of corrective surgeries and years of physiotherapy and hydrotherapy in order to help me learn to walk again and continually manage my condition.

I experienced some really turbulent years in the public schooling system. In primary school, I was subjected to severe verbal and physical abuse from other children due to the visibility of my disability. This has made me very frustrated and angry at times because my disability is totally permanent - I can't change it. The hardest parts were all the little things like not being able to go to kids' parties or out to the beach because I use a wheelchair. During high school, it didn't get much better for me. I still felt excluded and different as I could not form close friendship groups as I was always away recovering from surgeries so often and being at doctors appointments.

My mental health declined at 16 because having my kind of Cerebral Palsy means that I am always in pain and have regular muscle spasms and fatigue. I had an inadequate wheelchair so I was restricted with what things I could do independently, all I wanted to be was a "normal" 16 year old. I could feel myself being pulled down by depression and suicidal thoughts, so with the support of my Mum I chose to drop out in year 10.

Fast forward a year and I entered back into the school system through HYPA as a part of the Northern Adelaide Senior College and it changed my life in such a major and positive way. I found myself in a supportive environment where my disability was a part of me and where I learnt it doesn't define who I am and that gave me the confidence to grow into an independent and happy young-adult.

I still have my off days. I get frustrated and worn down but I've learnt to take things one day at a time and be grateful for the things I do have, like my mobility and independence. I have now completed my schooling plus a Cert III in Disability Support Work and I am now living independently, whilst searching for work.