

Would you like to go to the cinema tonight?

I would have loved to ...but I can't!  
I need to book my specialised taxi two weeks in advance.

Have you had your mammogram yet?

No! The radiology practice was not wheelchair friendly.

## CALL

### October 6: A Call to Action

#### World Cerebral Palsy Day

Would you, the reader, accept this? It is the lived reality for people like us with cerebral palsy, and it is situations like these that cause our disability.

There has been undeniable progress in recent years: medical advances, an increased general acceptance of disabled people, and improved participation for disabled people in society...

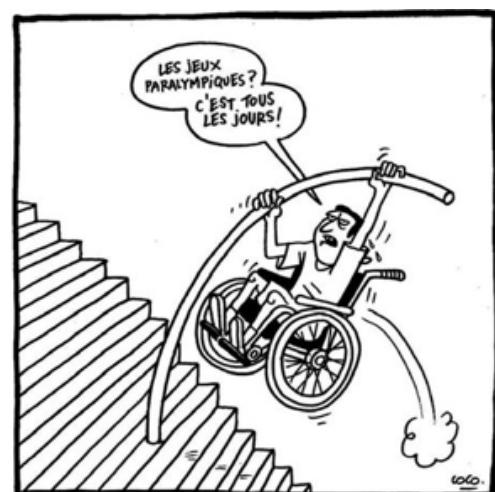
But in 2021, access to basic rights remains restricted, and this continues to limit our independence. For those of us who depend on daily human support, or ongoing rehabilitation, this lack of resources is a barrier that prevents us from realising our potential and participating fully in society.

In this Paralympic year of 2021, athletes with disabilities are again in the limelight; cameras are focused on the Paralympians and their seemingly superhuman abilities. But for the majority of people with cerebral palsy, finding a physiotherapist, organising home help, or ensuring dignified living conditions are feats that require similar levels of dedication and energy as participation in any sporting competition. These actions, which should be so easy and straightforward, are instead like marathons that people have to run every day; and this raises the questions: do we not have the right just to be an 'ordinary'

person with disabilities? Why do we need to be superhuman just to achieve an acceptable quality of life? Even today, in a society that considers itself inclusive, it is still people with disabilities, and their families, who make efforts, and even sacrifices, to adapt to their environment.

Although the 2005 Disability Act established the theoretical legitimacy of a place in society for people with disabilities, in practice enjoyment of full citizenship depends on your circumstances and where you live: the region, if it is urban or rural, if it is an institution or your own home as well as what support is available to you.

Cerebral palsy is diverse condition that is associated with a wide range of motor



*Paralympics Games?  
It's every day!*

disabilities and other associated disorders. Despite this variation, the care offered to those with cerebral palsy is rarely tailored to their needs and, as such, leaves many people sidelined. As a community, we no longer wish to be satisfied with a one-size-fits-all answer.

Would you accept someone else deciding what is important to you? Would you accept not having any say about the most intimate aspects of your life? Should you be treated like a child simply because you are in a wheelchair? Or overlooked because your speech is difficult to understand? Such 'small' acts

of abuse, like these, occur daily for thousands of people with disabilities. Even if our generation is benefiting from hard-won progress, we cannot be satisfied with it; we owe more to the next generation.

This White Paper is a call to action and an effort to outline the features of a truly inclusive society. The ideas expressed here concern not only those with cerebral palsy but everyone, because the real question is how can we live together? How can we respect the needs, desires, strengths, and weaknesses of each and every one of us?



**Julia BOIVIN**

📍 LYON



**Matthieu CHATELIN**

📍 MONTPELLIER



**Gaëlle DREWNOWSKI**

📍 LYON