

MEDIA RELEASE

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PODCASTS TO PROVIDE PRACTICAL SUPPORT FOR PARENTS

The Cerebral Palsy Foundation has launched a series of podcasts designed to provide advice and support for parents, particularly those who have a child with a disability.

The ParentWise Podcast series has been written and presented by people who have many years' experience working with children with a disability, including social workers, therapists and parents.

While some podcasts are more disability focused, others include topics relevant to all parents, such as strengthening partnerships, building a child's resilience and managing behaviour.

Other topics include building networks of support, encouraging positive behaviour, identifying with teenagers, mealtime issues, respite options, dealing with 'black days', and parent and sibling wellbeing.

CEO of the Cerebral Palsy Foundation, Mr Rob White, said the podcasts were free for parents to download from iTunes, Odeo, Podcast Alley and the Cerebral Palsy Foundation's website.

'The ParentWise Podcast series is an invaluable resource for all parents, particularly those of children with cerebral palsy and other disabilities', Mr White said. 'The podcasts provide practical advice that parents can download and listen to, and refer back to whenever needed.'

'It is helpful for parents of a child with a disability to know they are not alone in their journey, and these podcasts are a great way for parents and professionals in the disability sector to share information and advice.'

The podcasts have been funded through Ageing, Disability and Home Care, Department of Human Services NSW. They have been downloaded onto 50 ipods which are available at The Spastic Centre's offices for parents to borrow. CDs of the podcasts are also available free of charge for clients of The Spastic Centre.

To download the free podcasts, go to www.CPFoundation.com.au

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MEDIA CONTACTS

Janine Jones – Marketing and Communications Manager - 9479 7245 / 0407 066 813

Jennifer Durante – Media Coordinator - 9479 7257 / 0419 802 602

The facts of cerebral palsy

- Cerebral palsy (CP) is the most common, physical disability in childhood
- CP is a permanent disability that affects movement
- CP results from damage to the developing brain, usually before birth
- In Australia, 1 in 400 babies is diagnosed with CP
- There is no known cure and, for most, the cause is unknown
- People with CP may also have seizures, and sensory and intellectual impairments

Donations may be made by phoning 1300 136 140 or at www.thespasticcentre.com.au