

# Impact of Covid-19 on Adults with Cerebral Palsy among Cohort of the Cerebral Palsy Adult Transition Longitudinal Study

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**Introduction:** Individuals living with Cerebral Palsy (CP) have lower Health-Related Quality of Life (HRQOL), report difficulty engaging with peers socially, and face higher barriers to accessing the care they need in adulthood than the non-CP population. More research is needed to determine the impact of CP on indicators of socioeconomic status, such as isolation, poverty, and marginalization as compared to the non-CP population; these indicators may be exacerbated by outside influences, such as the global novel coronavirus disease (COVID-19). This case series aims to evaluate the lived experiences and health status of participants from the Cerebral Palsy Adult Transition Study (CPAT) cohort participants during the COVID-19 pandemic from 2019-2021.

**Methods:** Fifteen subjects from a cohort of 72 adults with CP who previously participated in a longitudinal study at our institution agreed to participate. A medical history questionnaire, the Coronavirus Disability Survey (COV-DIS), the PROMIS-57, and qualitative free-text responses were collected via phone interview.

**Results:** While many reported the same negative feelings of isolation, reduced social interaction, physical decline, and delayed access to healthcare often shared by the general population during the pandemic, some reported positive aspects related to remote work, increased availability of delivery services reducing their reliance on self-mobility, increase availability of telemedicine, and a feeling that the lockdown made their life feel more “normalized.”

**Conclusions:** The increase in use of delivery services, the isolation of leaving the house less, and increase in access to healthcare via telehealth are some of the changes that may have felt difficult for individuals without CP, but this may more closely resemble the day-to-day of individuals with CP. Thus, the pandemic lockdown may have been a positive change for this population. The small sample size limits generalization of these results but can provide some insight of the impact of COVID-19 on this vulnerable population.