

TOP 10

So you or somebody you know has a disorder of the corpus callosum?
How about these 10 Top Tips?

1. CORPUS CALLOSUM DISORDERS

The corpus callosum is made up of more than 200 million nerve fibres connecting and allowing communication between the two hemispheres of the brain. During pregnancy, the corpus callosum forms between 10 and 20 weeks. Disorders of the corpus callosum (DCCs) occur when corpus callosum formation is affected and it is partially or fully absent at birth.

2. EARLY INTERVENTION

Most brain development happens in the first 1000 days of life, from conception. If you receive a diagnosis during pregnancy try to take a positive approach. Sing, play music, talk, move, laugh, play with your baby and pass those good vibes on, right from the beginning. Although some people you have contact with may try, it is difficult for anyone to predict the future. Early intervention is seen as effective for all with a DCC.

3. DIAGNOSIS in CHILDREN & ADULTS

It's your diagnosis. Own it and don't let anyone dismiss you or it. Be who you want to be and promote awareness in society. Society holds the power for inclusion.

4. IMPACTS

A DCC is permanent and a corpus callosum cannot grow later in life. Impacts are varied. They fall on a spectrum and can range from mild to severe. They may affect cognitive, physical or psychological functioning. DCCs are described as heterogeneous (*diverse in character and content*) in cause, presentation and needs.

5. UNDERSTANDING THINGS

Many people who have a DCC take things literally or process information slowly. Sometimes things may need to be explained a few times or in a different way

6. CHALLENGES

Sometimes things may take longer to achieve and the challenges may cause anxiety. People may not be respectful or allow the time or repetition needed to achieve large or small tasks. Greater awareness, knowledge and understanding can help.

7. AUSDOCC

Become an AusDoCC member. Check out the AusDoCC social media groups and other online groups supporting people with a DCC and their families and friends.

8. PROFESSIONALS

DCCs are not common and many professionals may not have much experience. You may be learning together. Don't give up on finding good professionals. If it's not a good fit, keep looking. Trust your instincts.

9. KNOWLEDGE

Be educated about DCC through reputable sources with evidence based information and others in your shoes. Be your own best advocate as you navigate the health and other systems but ask for help when you need it. Connect with people who 'get it.'

10. UPS AND DOWNS

Nobody is to blame for a DCC. There will be ups and downs. Celebrate the highs and know that you will get through the lows. Above all, enjoy the ride. It is like no other!