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Rehabilitacja jako towarzysz życia – retrospektywne spojrzenie na usprawnianie przez pacjenta z porażeniem mózgowym

**SUMMARY**

This article is a subjective memory rehabilitation from the perspective of an adult with cerebral palsy. Retrospective assessment allowed me to show the role of therapist, my mother and my. In particular, I wanted to draw attention to the feelings associated with the child, then an adult in a tedious, difficult, but effective rehabilitation process. This information is presented in the following thematic areas: rule of rehabilitation, where I presented the basic principles of the stages of my rehabilitation, fog lamps - which is helpful in the process of rehabilitation, which hurts and scares me and what helps me, or columns supporting the family and its role looking to the future, the proposed changes to the holistic care of patients with cerebral palsy. Finally, there are proposals to improve the holistic approach to the patient. The article also draws attention to the necessary systemic changes resulting from advances in medicine.