

## ABSTRACT

### **Adaptation and identity construction of young people with cerebral palsy. A qualitative study with a biographical approach**

**Introduction:** The psychological process of adaptation to disability and personal identity has an influence on social participation and inclusion of young people with disabilities; however it has been poorly researched in Chile. **Objective:** To analyze life experiences that young people with cerebral palsy (CP) highlight in their process of adapting to disability and identity construction. **Method:** Qualitative study of content analysis with a biographical approach, in an intentional sample of 5 young people diagnosed with CP, without cognitive impairment, ages ranging from 19 to 21 years, active users of Teletón Institute. **Results:** The experience related to parental strategies, relationship with peers, invasive procedures during the rehabilitation process, have an incidence on the processes of identity construction and adaptation to the disability. Adaptation appears as a process with fluctuations in intensity throughout the evolutionary development with emotional and cognitive components. **Conclusions:** The process of adaptation to the disability progresses to the construction of relevant and positive significance about themselves. The results suggest the need to design interventions to provide support in critical periods of psychological development in order to promote the wellbeing of the users of integral rehabilitations services.

**Key words:** Disability, identity, adaptation, cerebral palsy, social participation.